

Remark: Please circle the option you require each day!



**Taihu International School**

monthly menu



	Monday 3/Apr	Tuesday 4/Apr	Wednesday 5/Apr	Thursday 6/Apr	Friday 7/Apr
Soup	<b>Tomb Sweeping Festival Holiday</b>				
Option A					
Option B					
Dessert					
	10/Apr	11/Apr	12/Apr	13/Apr	14/Apr
Soup	Tomato & Tofu soup	Pumpkin soup	Seaweed soup	Carrot soup	Cabbage soup
Option A	Duck in soy sauce Spinach, Rice	Hungarian pork Bean sprouts, Rice	Stir-fried fish Cauliflower, Rice	Stir-fried pork with scrambled eggs and fungus Cabbage, Rice	Dumpling Green vegetables, Rice
Option B	Pasta with meatballs Broccoli	Korean rice cake Kelp	Chicken steak with breadcrumbs Zucchini, Boiled potato	Beef pizza Carrot	Curry chicken Celery, Potato lyonnaise
Dessert	Swiss roll	Cup cake	K.S.L. cake	Ice cream	Golden Sponge Cake
	17/Apr	18/Apr	19/Apr	20/Apr	21/Apr
Soup	Hot & sour soup	Corn soup	Mexican posole-pork and sweet corn soup	Minestrone	Wax gourd soup
Option A	Scrambled egg with tomato Green vegetables, Rice	Baked rice with mushroom Corn	Mexican chili con carne Celery, Rice	Roasted duck with honey sauce Cauliflower, Rice	Sweet & sour fish Spinach, Rice
Option B	Popcorn chicken Zucchini, Jacket potato	Pan-fried pork with black pepper Pumpkin, Rice	Mexican tortillas with spiced pork Broccoli, Roast potato wedge	Baked pasta with bacon Carrot	Pancake with kimchi & potato Kelp, Rice
Dessert	Golden Sponge Cake	Swiss roll	Ice cream	K.S.L. cake	Cup cake
	24/Apr	25/Apr	26/Apr	27/Apr	28/Apr
Soup	Seaweed soup	Mushroom soup	Tofu & kimchi soup	Pumpkin soup	Onion soup
Option A	Stir-fried celery with Guangdong sausage Chinese cabbage, Rice	Twice cooked meat with sauce Green vegetables, Rice	Stir-fried chicken with kimchi Kelp, Rice	Chicken slices with double mushroom Cauliflower, Rice	Pan-fried chicken with parsley & butter Corn, Rice
Option B	French crispy fried duck Pumpkin, Rice	Fried fish Carrot, Chips	Wellington pork Zucchini, Rice	Baked baguette with ham Celery, Mashed potato	Stir-fried spaghetti with black pepper pork Broccoli
Dessert	K.S.L. cake	Golden Sponge Cake	Swiss roll	Cup cake	Ice cream

**Chartwells**

**EY2 & EY3 & EY4 :**

Dessert, fruit and drink are served at 10:30am in the classroom  
Please Indicate if you require bread, soup, salad everyday

**KG and above:**

Choice of a drink (Juice or water, milk, yogurt), dessert

**Free Flow of Bread and Salad included**

**Nutritional reading over the whole week:**

Red Meat 12%

Fish 5%

White Meat 12%

Vegetables 45%

Starch 26%

Deep Fried 4%