

Remark: Please circle the option you require each day!



**Taihu International School**

monthly menu



	Monday 1/May	Tuesday 2/May	Wednesday 3/May	Thursday 4/May	Friday 5/May
<b>Soup</b>	<b>May Day Holiday</b>	Miso Soup	Seaweed soup	Korean short rib pork soup	Wax gourd soup
<b>Option A</b>		Tofu with shrimps Green vegetables, Rice	Steamed beancurd roll with minced Pork Spinach, Rice	Korean stirred fried chicken Pumpkin, Rice	Stewed chicken with tomato Cauliflower, Rice
<b>Option B</b>		Pasta with bacon Broccoli	Chicken cordon bleu Carrot, Mashed potato	Korean rice cake with vegetables Kelp, Boiled potato	Roasted fish fillet Celery, Rice
<b>Dessert</b>		Swiss roll	K.S.L. cake	Ice cream	Golden Sponge Cake
		8/May	9/May	10/May	11/May
<b>Soup</b>	Hot & sour soup	Corn soup	Cabbage soup	Carrot soup	Seaweed soup
<b>Option A</b>	Dumpling Spinach	Stir-fried fish with black fungus Green vegetables, Rice	Meatball in soy sauce Cauliflower, Rice	Korean style pork patties Kelp, Rice	Stir-fried duck with satay sauce Cabbage, Rice
<b>Option B</b>	Orange honey roasted chicken Zucchini, Rice	Pan - fried pork steak with pear juice Pumpkin, Cream potato	Crispy roasted duck Corn, Rice	Sausage pizza Carrot, Jacket potato	Pork lasagna Broccoli
<b>Dessert</b>	K.S.L. cake	Swiss roll	Ice cream	Golden Sponge Cake	Cup cake
	15/May	16/May	17/May	18/May	19/May
<b>Soup</b>	Tomato & Tofu soup	Onion soup	Minestrone with beans	Pumpkin soup	Seaweed soup
<b>Option A</b>	Stir - fried corn with ham Green vegetables, Rice	Streaky pork with kimchee Kelp, Rice	Chicken cacciatore Celery, Rice	Fried rice with eggs Spinach	Stir - fried chicken slices with lemon juice Chinese cabbage, Rice
<b>Option B</b>	Pan - fried chicken steak with rosemary Carrot, Rice	Curry chicken Cauliflower, Rice	Fusilli with green peas & cream Broccoli, Roast potatoes	Pork steak Milanese Corn, Rice	Fried fish Zucchini, chips
<b>Dessert</b>	Cup cake	Golden Sponge Cake	Swiss roll	Ice cream	K.S.L. cake
	22/May	23/May	24/May	25/May	26/May
<b>Soup</b>	Wax gourd soup	Mushroom soup	Seaweed soup	Tofu & kimchi soup	Tomato soup
<b>Option A</b>	Roasted pork with honey sauce Spinach, Rice	Duck in soy sauce Bean sprouts, Rice	Stir-fried diced chicken with hoisin sauce Cauliflower, Rice	Chicken steak with Teriyaki sauce Pumpkin, Rice	Sweet & sour chicken Green vegetables, Rice
<b>Option B</b>	Korean Omurice Kelp, Boiled potato	Pork steak with pineapple sauce Zucchini, Rice	Cheese pizza Celery	Norway style pan-fried beef patties Carrot, Potato lyonnaise	Stir-fried pasta with sausage Broccoli
<b>Dessert</b>	Swiss roll	K.S.L. cake	Cup cake	Golden Sponge 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 11%

Fish 5%

White Meat 12%

Vegetables 46%

Starch 26%

Deep Fried 5%