

Remark: Please circle the option you require each day!



Taihu International School

monthly menu



	Monday 29/May	Tuesday 30/May	Wednesday 31/May	Thursday 1/Jun	Friday 2/Jun
Soup	Dragon Boat Festival				
Option A					
Option B					
Dessert					
	5/Jun	6/Jun	7/Jun	8/Jun	9/Jun
Soup	Tofu and kimchi soup	Pumpkin soup	Seaweed soup	Onion soup	Wax gourd soup
Option A	Scrambled eggs with shrimp Spinach, Rice	Pancake with kimchi and potato Kelp	Italian style pork steak Corn, Rice	Yu-Shiang Pork Green vegetables, Rice	Pork steak with curry sauce Cauliflower, Rice
Option B	Pasta with meatballs Broccoli	Popcorn chicken Zucchini, Rice	French crispy fried duck Celery, Boiled potato	Chicken cordon bleu Broccoli, Potato lyonnaise	Cheese pizza Carrot
Dessert	Swiss roll	Cup cake	K.S.L. cake	Golden Sponge Cake	Ice cream
	12/Jun	13/Jun	14/Jun	15/Jun	16/Jun
Soup	Tomato soup	Carrot soup	Hot & sour soup	Corn soup	Seaweed soup
Option A	Dumpling Green vegetables	Stir-fried pork slices with kimchi Kelp, Rice	Duck slices with orange juice Cabbage, Rice	Egg roll with tomato & ham Spinach, Rice	Chicken fillet with sweet and sour sauce Corn, Rice
Option B	Roasted chicken with mustard and honey sauce Zucchini, Rice	Mexico chicken taco Carrot, Roast potato	Stir-fried chicken with Broccoli and creamy Pumpkin, Rice	Fried fish with chips Celery	Baked Sausage pasta Broccoli
Dessert	K.S.L. cake	Swiss roll	Ice cream	Golden Sponge Cake	Cup cake
	19/Jun	20/Jun	21/Jun	22/Jun	23/Jun
Soup	Summer Holiday				
Option A					
Option B					
Dessert					

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 4%

White Meat 11%

Vegetables 46%

Starch 27%

Deep Fried 2%