

SCHOOL MENU

学校餐单

	MORNING SNACK 上午点心	LUNCH 午餐	AFTERNOON SNACK 下午点心
MONDAY 星期一	Whole Wheat Cracker 全麦饼干	Brown Rice 棕米饭	Whole Wheat Cheerios 全麦甜甜圈
	Fresh Fruit 新鲜水果	Tofu, Egg & Green Pea, Carrot, Mushroom 豆腐, 鸡蛋 & 青豆, 红萝卜, 蘑菇	Fresh Fruit 新鲜水果
	Water 水	Organic Milk 有机牛奶	Organic Milk 牛奶
TUESDAY 星期二	Animal Cracker 动物饼干	Whole Wheat Pasta 全麦通心粉	Pita Bread 皮塔面包
	Fresh Fruit 新鲜水果	Turkey & Red Peppers, Celery, Corn 火鸡肉 & 芹菜, 甜红椒, 玉米粒	Fresh Fruit 新鲜水果
	Water 水	Organic Milk 有机牛奶	Yogurt 酸奶
WEDNESDAY 星期三	Dinner Roll 小面包	Buckwheat Noodle 荞麦面	Cheese Cracker 芝士饼干
	Fresh Fruit 新鲜水果	Beef, Egg & Radish, Spinach, Mozzarella Cheese Soup 牛肉, 鸡蛋 & 白萝卜, 菠菜, 奶酪汤	Fresh Fruit 新鲜水果
	Water 水	Organic Milk 有机牛奶	Organic Milk 牛奶
THURSDAY 星期四	Muffin 马芬蛋糕	Purple Rice 紫米饭	Soda Cracker 苏打饼干
	Fresh Fruit 新鲜水果	Pork & Yellow Peppers, Zucchini 猪肉 & 甜黄椒, 意大利瓜	Fresh Fruit 新鲜水果
	Water 水	Organic Milk 有机牛奶	Yogurt 酸奶
FRIDAY 星期五	Rice Cake 米饼	Whole Wheat Bread & Avocado 全麦面包 & 牛油果	Tortilla Chip 玉米脆片
	Fresh Fruit 新鲜水果	Chickpeas & Tomato, Onions 鹰嘴豆 & 番茄, 洋葱	Fresh Fruit 新鲜水果
	Water 水	Organic Milk 有机牛奶	Organic Milk 牛奶

* School menu items are subject to change according to seasonality and availability. School will not provide notice ahead of time for temporary change.

食材是以采购的品种和当季新鲜为原则, 有任何临时改变不会提前发出通知。

* We will provide party food for school parties, school will not provide notice ahead of time.

我们会在派对时提供派对食物, 并不会提前发出通知。

* We will use the following seasoning: pink salt, soy sauce, olive oil, brown sugar, ketchup, coconut milk, turmeric powder, garlic powder, onion powder.

餐单中会加入的酱料包括: 粉红盐, 酱油, 橄榄油, 红糖, 番茄酱, 椰奶, 姜黄粉, 蒜粉, 洋葱粉。

* Parents are required to notify the school of any health problems, medical conditions, food or medication allergies, etc., that their child may have.

学生有任何健康情况、医学问题以及一切食物和药物过敏等, 需如实告知校方。
