

UTAHLOY INTERNATIONAL SCHOOL GUANG ZHOU

K TO K2 MENU

WK 8

22.02-26.02 2010

For Date: _____

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Cracker & Cheese Raisins Fruits	Hard boiled egg (1/2) Bread stick Fruits	Jam Sandwich Raisins Fruits	Hard boiled egg (1/2) Bread stick Fruits	Cracker & Cheese Raisins Fruits
LUNCH	Roast Pork,vegs,gravy potato wedges Chicken Fried Rice, Yoghurt Fruit	Beef potato top pie Sweet & sour pork, veg , rice Yoghurt Fruit	Breaded chicken fingers fries ,salad ,rice beef & black bean sauce Yoghurt Fruit	Pasta , bolognaise sauce,garlic bread,veg chicken cashew ,rice Yoghurt Fruit	Pan fried fish, chicken wings, potato , rice ,veg Yoghurt Fruit
AFTERNOON SNACK	Fruits	Fruits	Fruits	Fruits	Fruits

*** Water is always available at every meal

*** Vegetarian meals will be available upon request

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DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
早点	饼干和芝士 葡萄干 水果	煮全蛋(1/2) 手指饼 水果	果酱三文治 葡萄干 水果	煮全蛋(1/2) 手指饼 水果	饼干和芝士 葡萄干 水果
午餐	烤肉,蔬菜和土豆角,肉汁 鸡肉炒饭和蔬菜 酸奶 水果	牛肉土豆派和沙拉 酸甜肉饭和蔬菜 酸奶 水果	炸鸡肉,薯条和沙拉 黑椒牛肉饭,蔬菜 酸奶 水果	肉酱意大利通心粉和蒜蓉包 腰果鸡丁饭和蔬菜 酸奶 水果	煎鱼和蒸土豆,蔬菜 鸡翼饭 酸奶 水果
下午茶点	水果	水果	水果	水果	水果

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*** Vegetarian meals will be available upon request