



Daystar Academy Organic Lunch Week 27 rotation 2.18-2.22
Menu subject to change based on availability of seasonal vegetables

Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五
Red Bean Soup 红豆汤 (HV GF)	Glutinous Rice Balls Soup 汤圆 (CHV GF)	Soy Milk 豆浆 (HPV GF)	Chicken Broth Star Soup 鸡汤星星面 (CHP GF)	Millet Vegetable Soup 小米蔬菜汤 (CHV GF)
*****	*****	*****	*****	*****
Fusilli with Tomato Sauce 意大利春天面(螺旋面, 西红柿) (CHVP)	Stew Beef with Potato and Vegetable 美国牛肉炖土豆 (CEH)	Iron Chef Dish: Taiwanese Stir-Fried Rice Noodle 铁人料理: 台式炒米粉 (CP*V GF)	Curry Strugeon 咖喱鱼块 (EHP GF)	Southern Pulled Pork Sandwich 美国烤猪肉扒丝三明治 (CP)
OR	OR	OR	OR	OR
Stewed Pork with Lotus Roots 肉炖莲藕 (CP*V GF)	Sautee Tofu Topped with Ground Pork Sauce 肉末煎豆腐 (CP GF)	Steamed Egg Custard with Minced Pork 蒸鸡蛋肉沫 (CEP*V GF)	Steamed Pork & Vegetable or Red Bean Baozi 肉包子或红豆沙包子 (CP/V)	Chicken Mushroom Stew 鸡肉炖蘑菇 (PHGF)
*****	*****	*****	*****	*****
Stir-fried Vegetables 炒蔬菜 (HV GF)	Stir-fried Vegetables 炒蔬菜 (HV GF)	Stir-fried Vegetables 炒蔬菜 (HV GF)	Stir-fried Vegetables 炒蔬菜 (HV GF)	Stir-fried Vegetables 炒蔬菜 (HV GF)
Brown & White Rice 糙米白米饭 (CHPV GF)	Millet & White Rice 小米白米饭 (CHPV GF)	Brown & White Rice 糙米白米饭 (CHPV GF)	Millet & White Rice 小米白米饭 (CHPV GF)	Brown & White Rice 糙米白米饭 (CHPV GF)
C: Carbohydrate E: Contains Eggs D: Contains Dairy H: Halal (not certified but no pork products) H* means a pork				
free optin is available P: Protein V: Vegetarian GF: Gluten Free LG: Low Gluten				
AFTERNOON SNACK				
Garlic Bread 蒜香面包片 (CHPV)	Anhuai Pork Dragon Rolls 安徽肉龙 (CP)	Scallion Pancake 葱花烙饼 (CEP)	Wild Blueberry Scones 野生蓝莓司康 (CDEP)	Carrot Cake 胡萝卜蛋糕 (CDEHPV)