

WEEKLY MENU

Chartwells

Oct 21 to Oct 25

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	Monday	Tuesday	Wednesday	Thursday	Friday
Station	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Noodle Soup Station	Yang zhou Meat Ball (PYP:Rice Bun)	Salted Duck (PYP:Veg Bun)	3-Way Conference	Zha Jiang Noodle (PYP:Corn Cob)	Korean Cold Noodle (PYP:Spring Bun)
SET MENU Includes: 1 Main Dish*** + 2 Side Dishes + 1 Salad + 1 Soup + 1 Dessert + 1 Beverage Main Dishes Include: Noodles, Asian Wok, Western Dish or Vegeterian Dish Beverages Include: Juice, Milk, Yougurt or Yakult. (All Soup:Vegetarian)	Eggplant and longbeans with Spring Onion Pancake	Fried Rice with Ham , Chicken & Mixed Veg		Jia Chang Tofu	Fried Tomato&Egg
	Red Gultinous Rice	Red Bean& Rice		Green Bean& Rice	White Rice
	Minestrone	Bok Choy & Mushroom Soup		Borsch	Pumpkin Soup
	Garden Salad	Pear&Orange Salad		Spinach&Chicken Salad	Cherry Tomato&Cucumber Salad
	Lettuce & Mushroom	Fried Spinach		Red Cabbage&Onion	Mushroom,Tomato &Broccoli
	Fruit or Yoghurt	Fruit or Yoghurt		Fruit or Yoghurt	Muffin
	Mac Cheese	Green Curry Fish		Home Made Meatloaf	Buttered Chicken
PIZZA/ CARVING/ GRILL	Grilled Chicken Leg with Onion&Bacon Sauce	Beef,Bacon&Cheese Burger		Ham Pizza/Cheese Pizza	BBQ Pork Ribs
	Mashed Potatoes	Pea Sprout&Carrot Salad		Greek Salad	Grilled Potatoes with Tomato & Pesto
VEGETARIAN	Mushroom Pancake	Okra,Egg,Smoked Capsicum &Couscous Salad		Tabouli Salad	Chickpea Ratatouille

^{*}Students' lunch-card balance and Catering informations are available through school website or under request - contact us at Chartwells@nanjing-school.com for details*