

Daystar Academy Wholesome Lunch Week 4 Rotation 9.9 - 9.13
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
Cucumber & Eggdrop Soup 黄瓜鸡蛋汤 (CEHPV GF) *****	Pumpkin Soup 南瓜汤 (HV GF) *****	Eggs and Tomato Soup 西红柿鸡蛋汤 (CEHV GF) *****	Chicken Broth Star Soup 鸡汤星星面 (CHP GF) *****	*****
Tomato Mozzarella Pasta 西红柿奶酪意面 (CDPV)	Sweet & Sour Strugeon 糖醋鱼片 (EHP GF)	Vietnamese Lemongrass Pork Sandwich 越南香茅猪排三明治 (CP)	Crunch Pork Cutlets w/Homemade Applesauce 肉排搭配苹果酱 (CEPP)	
OR	OR	OR	OR	OR
Stew Eggplants with Minced Pork 肉烧茄子 (CPGF) *****	Zhajiang Noodles 炸酱面 (CEPH *V) *****	Stir-fried Beef with Mixed 什锦牛肉片 (CHP GF) *****	Steamed Pork & Vegetable or Red Bean Baozi 肉包子或红豆沙包子 (CP/V) *****	*****
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)	
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				
Sweet Steamed Baozi Triangles 糖三角 (CDEHPV)	Garlic Bread 蒜香面包片 (CHPV)	Lemon Cake 柠檬蛋糕 (CEDHPV)	Croissant 牛角面包 (CDEHPV)	