

# 2018 Summer School Menu

WeekDay	Breakfast (Organic Cereal and Milk are always available)	Lunch			PMSnack (Organic milk and Cracker are always available)
		1st Dish	2nd Dish	Soup/Drink/Breads	
Jun 25/ Jul 30	M	Granola with Yogurt/Berries	Curry chicken rice with potatoes and carrots		Cheese and Crackers
	T	Hard-boiled Egg/Avocado/Tomatoes	Shanghainese Braised Chicken	Pickled Cucumber	Seasonal Fruit Salad
	W	Turkey Bacon/Eggs/Toast/Fruit	Ham and Cheese Sandwich (assembled by children)	Sliced cucumbers	Tomato Egg Drop Soup
	T	Pancakes with Berry Compote	Tomato and Beef Over Rice		Plain Yogurt and Berries
	F	Cereal with Milk and Fruits	Spaghetti with Meat Sauce		Fresh Fruits
July 2/ Aug 6	M	Oatmeal with Brown Sugar & Raisin	Vegetable Wonton Soup		Cheese and Crackers
	T	Bagel and Cream Cheese	Cold Sesame Noodles with Cucumber and Bean Sprouts		Egg and Scallion Pancakes
	W	Steamed Eggs and Edamame	Fried Rice with Egg, Corn and Peas	Stir-Fry Spinach	Home made Red Bean Buns
	T	Toast/Jam/Fruit	Chicken Sandwich	Seasonal Fruits	Apple Sauce with Cinnamon
	F	Granola with Yogurt/Berries	Home-Style Braised Tofu	Steamed Edamame	Eight Treasure Soup
July 9/ Aug 13	M	Hard-boiled Egg/Avocado/Tomatoes	Vege Burger		Cheese and Crackers
	T	Turkey Bacon/Eggs/Toast/Fruit	Handmade Vegetarian Buns	Cucumbers and Tomatoes	Red Bean Soup
	W	Pancakes with Berry Compote	Sweet and Sour Chicken Over Rice		Apple Sauce with Cinnamon
	T	Cereal with Milk and Fruits	Turkey and Cheese Quesadilla	Seasonal fruits	Roasted Sweet Potato
	F	Oatmeal with Brown Sugar & Raisin	Taiwanese Minced Pork Over Rice	Pickled Cucumber	Banana-Berry Smoothie
July 16	M	Bagel and Cream Cheese	Pasta with Marinara Sauce		Tea Eggs
	T	Steamed Eggs and Edamame	Pork/Cucumber Patty Over Rice	Stir-Fry Spinach	Plain Yogurt and Seasonal Fruit
	W	Toast/Jam/Fruit	Macaroni and Cheese w/ Chicken	Corn on the Cob	Green Bean Soup
	T	Granola with Yogurt/Berries	Stir Fried Beef with Onion over rice	Japanese Steamed Eggs	Fresh Fruits
	F	Hard-boiled Egg/Avocado/Tomatoes	Chicken Fingers	Sweet Potato Fries	Home made Red Bean Buns
July 23	M	Turkey Bacon/Eggs/Toast/Fruit	Stir Fry Chicken and Bell Pepper	Steamed Broccoli	Cheese and Crackers
	T	Pancakes with Berry Compote	Fried Shrimp Sandwich	Sweet Potato Fries	Chips and Salsa
	W	Cereal with Milk and Fruits	Asian-style Beef Noodle Soup with Vegetables		Egg and Scallion Pancakes
	T	Oatmeal with Brown Sugar & Raisin	Turkey and Cheese Sandwich	Sliced Apples	Seasonal Fruit Salad
	F	Bagel and Cream Cheese	Pork and Vegetable Fried Rice		Eight Treasure Soup