

WYIS Monthly Lunch Order Form (March 2010)

Student's Name _____ Grade/Advisory _____ Amount Sent Today _____ RMB

Please circle your child's lunch choices and return to your child's teacher with the fee **no later than February 25**

Prices: LW (Large **Western**): 22 RMB, SW (Small **Western**): 17 RMB;
 LC (Large **Chinese**): 16 RMB, SC (Small **Chinese**): 12 RMB

Monday March 1	Tuesday March 2	Wednesday March 3	Thursday March 4	Friday March 5
<u>Western</u> Honey Baked Chicken Butter Parsley Potatoes Mixed Vegetables <u>Chinese Option</u> Chicken and Eggplant (Spicy) Vegetable, Rice LW SW LC SC	<u>Western</u> BBQ Pork, Rice Pilaf, Fruit, Rolls <u>Chinese Option</u> Pork Balls and Noodles Vegetables, Rice LW SW LC SC	<u>Western</u> Chicken and Noodles, Roasted Vegetables, Apple Crisp <u>Chinese Option</u> Chicken & Sliced Cucumber Vegetable, Rice LW SW LC SC	<u>Western</u> Shepherd's Pie Rolls Fruit <u>Chinese Option</u> Braised Sliced Fish - Bones Vegetable, Rice LW SW LC SC	<u>Western</u> Pizza Salad, Fruit <u>Chinese Option</u> Pork and Potatoes Vegetable, Rice LW SW LC SC
March 8	March 9	March 10	March 11	March 12
<u>Western</u> Baked Italian Chicken Garlic Mashed Potatoes Seasoned Peas <u>Chinese Option</u> Chicken and Apple Vegetable, Rice LW SW LC SC	<u>Western</u> Chili and Rice Fruit, Banana Bread <u>Chinese Option</u> Pork and Potato Vegetable, Rice LW SW LC SC	<u>Western</u> Chicken Pot Pie, Fruit <u>Chinese Option</u> Chicken and Mushroom Vegetable, Rice LW SW LC SC	<u>Western</u> Chuck Wagon Steak Mashed Potatoes Mixed Vegetables <u>Chinese Option</u> 3 Flavor Tofu Vegetable, Rice LW SW LC SC	<u>Western</u> Hot Dogs, Aloha Chips, Vegetable Sticks <u>Chinese Option</u> Fried Chicken and Egg Vegetable, Rice LW SW LC SC
March 15	March 16	March 17	March 18	March 19
<u>Western</u> Chicken and Dumplings Fruit <u>Chinese Option</u> Oyster Chicken Vegetable, Rice LW SW LC SC	<u>Western</u> Baked Spaghetti Green Beans and Carrots Sliced Bread <u>Chinese Option</u> Sliced Pork, Green Pepper & Beans (Spicy) Vegetable, Rice LW SW LC SC	<u>Western</u> Grilled Cheese Sandwiches Tomato Soup Vegetable Sticks <u>Chinese Option</u> Chicken and Curry Vegetable, Rice LW SW LC SC	Teacher/Parent Conference Lunch for Teachers/Staff Twice Baked Potatoes & Salad Bar	Teacher/Parent Conferences Lunch for Teachers/Staff Chicken Mole and Rice Veggie Sticks Dessert
March 22	March 23	March 24	March 25	March 26
<u>Western</u> Chicken Noodles w/Whipped Potatoes Carrot Raisin Salad <u>Chinese Option</u> Chicken Wings and Potatoes Vegetable, Rice LW SW LC SC	<u>Western</u> Meatloaf Mashed Potatoes Mixed Vegetables <u>Chinese Option</u> Pork Steamed Tofu Vegetable, Rice LW SW LC SC	<u>Western</u> BBQ Chicken, Rice Fruit Salad <u>Chinese Option</u> Chicken, Onion and Veggie Vegetable, Rice LW SW LC SC	<u>Western</u> Beef Macaroni Mixed Vegetables Rolls, Cookies <u>Chinese Option</u> Beef, Vegetables & Noodles Vegetable, Rice LW SW LC SC	<u>Western</u> Chicken Nuggets Oven Fried Potatoes Corn and Tomato Salad <u>Chinese Option</u> Steamed Egg Vegetable, Rice LW SW LC SC

武汉长江国际学校午餐订单 (3月)

学生姓名 _____ 年级 _____ 今天附上 _____ 元的餐费

请圈出您孩子的午餐选择, 并连同所需餐费在 **2月25日以前** 交给孩子的老师。

价钱: LW (大份西餐): 22 RMB, SW (小份西餐): 17 RMB; LC (大份中餐): 16 RMB, SC (小份中餐): 12 RMB

Monday 3/1	Tuesday 3/2	Wednesday 3/3	Thursday 3/4	Friday 3/5
西餐 蜜汁烤鸡 黄油土豆 蔬菜综合 中餐选择 鸡肉烧茄子(辣) 蔬菜、米饭 LW SW LC SC	西餐 烧烤猪肉 烩饭,水果,面包 中餐选择 肉圆粉丝汤 蔬菜、米饭 LW SW LC SC	西餐 鸡肉意面 烤蔬菜,香脆苹果片 中餐选择 黄瓜炒鸡肉 蔬菜、米饭 LW SW LC SC	西餐 牧羊人派 面包,水果 中餐选择 辣子鱼(有刺、微辣) 蔬菜、米饭 LW SW LC SC	西餐 比萨饼 沙拉,水果 中餐选择 猪肉烧土豆 蔬菜、米饭 LW SW LC SC
3/8	3/9	3/10	3/11	3/12
西餐 意式烤鸡 蒜香土豆泥, 四季豆 中餐选择 苹果鸡肉 蔬菜、米饭 LW SW LC SC	西餐 调羹米饭 水果,香蕉面包 中餐选择 猪肉烧土豆 蔬菜、米饭 LW SW LC SC	西餐 鸡锅饼 水果 中餐选择 香菇炒鸡肉 蔬菜、米饭 LW SW LC SC	西餐 牛肉饼 土豆泥 蔬菜综合 中餐选择 三味豆腐 蔬菜、米饭 LW SW LC SC	西餐 热狗,爱乐好薯片 蔬菜条 中餐选择 鸡蛋烧鸡肉 蔬菜、米饭 LW SW LC SC
3/15	3/16	3/17	3/18	3/19
西餐 鸡肉饺子汤 水果 中餐选择 牡蛎鸡肉 蔬菜、米饭 LW SW LC SC	西餐 胡萝卜,青豆烩意面 面包条 中餐选择 豆角,青椒炒肉丝 蔬菜、米饭 LW SW LC SC	西餐 芝士三明治,番茄浓汤 蔬菜条 中餐选择 咖喱鸡肉 蔬菜、米饭 LW SW LC SC	家长会 双份烤土豆, 沙拉	家长会 墨西哥魔力鸡和米饭, 蔬菜条, 点心
3/22	3/23	3/24	3/25	3/26
西餐 鸡肉土豆意面 胡萝卜,葡萄干沙拉 中餐选择 鸡翅烧土豆 蔬菜、米饭 LW SW LC SC	西餐 牛肉条,土豆泥 蔬菜综合 中餐选择 猪肉蒸豆腐 蔬菜、米饭 LW SW LC SC	西餐 烤鸡, 米饭 水果沙拉 中餐选择 洋葱,蔬菜炒鸡肉 蔬菜、米饭 LW SW LC SC	西餐 牛肉意面,蔬菜综合 面包,饼干 中餐选择 牛肉蔬菜炒面 蔬菜、米饭 LW SW LC SC	西餐 炸鸡块, 炉烤土豆. 玉米番茄沙拉 中餐选择 蒸蛋 蔬菜、米饭 LW SW LC SC