

## WYIS Monthly Lunch Order Form (May 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 9:00 AM Thursday, April 22**

**Prices:** LW (Large **Western**): 22 RMB, SW (Small **Western**): 17 RMB; (Available from Tuesdays to Fridays)  
LC (Large **Chinese**): 16 RMB, SC (Small **Chinese**): 12 RMB; (Available from Tuesdays to Fridays)  
LK (Large **Korean**): 22 RMB, SK (Small **Korean**): 19 RMB; (Available on Mondays)

On Mondays, lunch is provided by Mix and Rice (a Korean restaurant) this month;  
 From Tuesdays to Fridays, lunch is provided by Aloha this month.

Monday May 3	Tuesday May 4	Wednesday May 5	Thursday May 6	Friday May 7
<p><b>May Holiday No School</b></p>	<p><u>Western</u> Salisbury Steak Mashed Potatoes Broccoli and Cauliflower</p> <p><u>Chinese Option</u> Egg and Tomato Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>	<p><u>Western</u> Cajun Chicken Oven Potatoes Salad</p> <p><u>Chinese Option</u> Chicken, Peas, Onion (Spicy) Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>	<p><u>Western</u> Sloppy Joes and Buns Vegetable Sticks Chocolate Chip Crunchies</p> <p><u>Chinese Option</u> Pork Balls with Noodles Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>	<p><u>Western</u> BBQ Chicken Potatoes Fruit</p> <p><u>Chinese Option</u> Chicken and Potato (Spicy) Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>
May 10	May 11	May 12	May 13	May 14
<p><u>Korean Option</u> 불고기덮밥, 김치와과일 Korean BBQ Rice with Korean small food and fruit (See <b>Picture 1</b>)</p> <p style="text-align: center;">LK      SK</p>	<p><u>Western</u> BBQ Chicken, Rice, Fruit</p> <p><u>Chinese Option</u> Sliced Pork, Green Pepper &amp; Beans (Spicy) Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>	<p><u>Western</u> Chuck Wagon Steak Mashed Potatoes Mixed Vegetables</p> <p><u>Chinese Option</u> Chicken, Onion and Carrot Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>	<p><u>Western</u> Chicken Spaghetti Vegetables Sticks, Rolls</p> <p><u>Chinese Option</u> 3 Flavor Tofu Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>	<p><u>Western</u> Pizza Salad, Fruit</p> <p><u>Chinese Option</u> Pork and Potatoes Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>
May 17	May 18	May 19	May 20	May 21
<p><u>Korean Option</u> 소고기김밥, 과일 Korean beef rice roll and fruit (See <b>Picture 2</b>)</p> <p style="text-align: center;">LK      SK</p>	<p><u>Western</u> Meatloaf, Mashed Potatoes Mixed Vegetables</p> <p><u>Chinese Option</u> Pork Steamed Tofu Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>	<p><u>Western</u> Baked Italian Chicken Garlic Mashed Potatoes Seasoned Peas</p> <p><u>Chinese Option</u> Chicken &amp; Sliced Cucumber Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>	<p><u>Western</u> Beef Macaroni Fruit Rolls, Apple Crisp</p> <p><u>Chinese Option</u> Beef, Vegetables &amp; Noodles Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>	<p><u>Western</u> Hot Dogs, Aloha Chips, Vegetable Sticks</p> <p><u>Chinese Option</u> Fried Chicken and Egg Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>
May 24	May 25	May 26	May 27	May 28
<p><u>Korean Option</u> 궁중떡볶이 정식 Korean rice cake cooked with honey-soy sauce , Rice, Gimchi and Fruit (See <b>Picture 3</b>)</p> <p style="text-align: center;">LK      SK</p>	<p><u>Western</u> Baked Herb Marinated Chicken, Rice Pilaf, Fruit Salad</p> <p><u>Chinese Option</u> Beef, Egg and Tomato Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>	<p><u>Western</u> Spaghetti and Meat Sauce Vegetable Sticks, Rolls</p> <p><u>Chinese Option</u> Red Pepper, Beans and Chicken (Spicy), Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>	<p><u>Western</u> Sesame Chicken Pasta Salad Fruit, Chocolate Cake</p> <p><u>Chinese Option</u> Fish (Bones) Vegetable , Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>	<p><u>Western</u> Chicken Nuggets, Oven Fried Potatoes, Fruit</p> <p><u>Chinese Option</u> Chicken, Green Pepper w/ Vegetables (Spicy) Vegetable, Rice</p> <p style="text-align: center;">LW      SW</p> <p style="text-align: center;">LC      SC</p>
May 31	Picture 1	Picture 2	Picture 3	Picture 4
<p><u>Korean Option</u> 불고기샌드위치와 요거트 Korean BBQ Sandwich and yoghurt (See <b>Picture 4</b>)</p> <p style="text-align: center;">LK      SK</p>				

## 武汉长江国际学校午餐订单 (5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 **4月22日周四上午9点以前** 交给孩子的老师。

价钱: LW (大份西餐): 22 RMB, SW (小份西餐): 17 RMB; (周二-周五)  
LC (大份中餐): 16 RMB, SC (小份中餐): 12 RMB (周二-周五)  
LK (大份韩餐): 22 RMB, SK (小份韩餐): 19 RMB; (周一提供)

注意: 本月周一的午餐由韩国餐厅 Mix and Rice 提供; 周二-周五的午餐由爱乐好提供。

星期一	星期二	星期三	星期四	星期五
5/3	5/4	5/5	5/6	5/7
五一长假  不上学	<b>西餐</b> 牛肉饼 土豆泥 西兰花、花菜  <b>中餐</b> 西红柿炒蛋 蔬菜, 米饭  LW      SW  LC      SC	<b>西餐</b> 卡均鸡肉 炉烤土豆 沙拉  <b>中餐</b> 青豆洋葱炒鸡肉(辣) 蔬菜, 米饭  LW      SW  LC      SC	<b>西餐</b> 调羹汉堡 蔬菜条 香脆巧克力片  <b>中餐</b> 肉圆粉丝汤 蔬菜, 米饭  LW      SW  LC      SC	<b>西餐</b> 烤鸡 土豆 水果  <b>中餐</b> 土豆烧鸡肉(辣) 蔬菜, 米饭  LW      SW  LC      SC
5/10	5/11	5/12	5/13	5/14
<b>韩餐</b> 韩式烤肉盖饭, 韩国泡菜, 水果 (请见图1)  LK      SK	<b>西餐</b> 烤鸡, 米饭, 水果  <b>中餐</b> 青椒炒肉(辣) 蔬菜, 米饭  LW      SW  LC      SC	<b>西餐</b> 牛肉饼 土豆泥 综合菜蔬  <b>中餐</b> 胡萝卜洋葱炒鸡肉 蔬菜, 米饭  LW      SW  LC      SC	<b>西餐</b> 鸡肉意面 蔬菜条 面包  <b>中餐</b> 三味豆腐 蔬菜, 米饭  LW      SW  LC      SC	<b>西餐</b> 比萨 沙拉, 水果  <b>中餐</b> 土豆烧肉 蔬菜, 米饭  LW      SW  LC      SC
5/17	5/18	5/19	5/20	5/21
<b>韩餐</b> 韩式牛肉紫菜包饭, 水果 (请见图2)  LK      SK	<b>西餐</b> 牛肉条, 土豆泥 综合菜蔬  <b>中餐</b> 猪肉蒸豆腐 蔬菜, 米饭  LW      SW  LC      SC	<b>西餐</b> 烤意面 蒜香土豆泥 四季豆  <b>中餐</b> 黄瓜炒鸡肉 蔬菜, 米饭  LW      SW  LC      SC	<b>西餐</b> 牛肉意面 水果 面包, 酥脆苹果  <b>中餐</b> 牛肉炒面 蔬菜, 米饭  LW      SW  LC      SC	<b>西餐</b> 热狗, 爱乐好薯片, 综合菜蔬  <b>中餐</b> 鸡肉炒蛋 蔬菜, 米饭  LW      SW  LC      SC
5/24	5/25	5/26	5/27	5/28
<b>韩餐</b> 宫廷年糕, 米饭, 韩国泡菜, 水果 (请见图3)  LK      SK	<b>西餐</b> 秘制烤鸡 烩饭, 水果沙拉  <b>中餐</b> 番茄牛腩 蔬菜, 米饭  LW      SW  LC      SC	<b>西餐</b> 肉汁意面 蔬菜条 面包  <b>中餐</b> 红椒豆角炒鸡肉(辣), 蔬菜, 米饭  LW      SW  LC      SC	<b>西餐</b> 鸡肉意面沙拉 水果 巧克力蛋糕  <b>中餐</b> 鱼块(有刺) 蔬菜, 米饭  LW      SW  LC      SC	<b>西餐</b> 鸡块, 炉烤土豆, 水果  <b>中餐</b> 青椒炒鸡肉(辣) 蔬菜, 米饭  LW      SW  LC      SC
5/31	图 1	图 2	图 3	图 4
<b>韩餐</b> 韩式烤肉三文治, 酸奶 (请见图4)  LK      SK				