

SHANGHAI AMERICAN SCHOOL

Puxi	Monday	Tuesday	Wednesday	Thursday	Friday
Date:	2019.04.29	2019.04.30	2019.05.01	2019.05.02	2019.05.03
BeVital	Chicken Breast Roast w/Spinach	Stewed Beef		Italian Pork Ball	Baked Fish
	Onion Pie	Sauteed Potato w/Pepper		Pasta	Rosemary Potato
	Cauliflower & Broccoli	Green Bean		Orange Carrot	Stuffed Tomato
	Rocket Salad	Sautéed Zucchini		Garlic Bread	Spinach Salad
BeVital (vegetarian)	Stew Lentils with Tomato Sauce	Braised Vegan Chicken		Stew white beans	Steamed vegan sausages
	Roasted Sweet Potato Herbs	Curry Potato & Carrot		Steamed rice with greens	Vegan mash potato
	Grilled Zucchini	Grilled Eggplant & Zucchini		Grilled cauliflower	Braised purple cabbage
	Sautee Broccoli Garlic	Ji Mao Cai		Sauté spinach raisin	Broccoli

