

6/1 Baked vegetable burger, baked sweet potato, napa cabbage, orange, fruit juice。烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁。	6/2 Baked chicken wing, baked potato, green cabbage, banana, fruit juice。烤鸡翅, 高丽菜, 烤土豆, 香蕉, 果汁。	6/3 Baked salmon fillet, baked bean, broccoli, apple, fruit juice。烤三文鱼, 炖豆, 西兰花, 苹果, 果汁。	6/4 Bbq chicken, sweet corn, shanghai green, kiwi, fruit juice。烤鸡腿, 甜玉米, 上海菜, 猕猴桃, 果汁。	6/5 Baked fish patty, macaroni, sliced carrots w/green bean, orange, fruit juice。烤鱼饼, 通心粉, 胡萝卜四季豆, 橙, 果汁。	6/6 Turkey burger, broccoli, fruit juice。烤火鸡肉饼, 橙, 果汁。Alternative ; Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt, 豆蔬浓汤, 糙米饭, 全麦饼, 花菜烧西红柿, 酸奶切片黄瓜。
6/8 Eggplant lasagna, napa cabbage, baked potato, orange, fruit juice。烤茄饼, 烤土豆, 大白菜, 橙, 果汁。	6/9 Baked salmon fillet, baked bean, green cabbage, banana, fruit juice。烤三文鱼, 高丽菜, 炖豆, 香蕉, 果汁。	6/10 Steamed ground pork meatflavored w/dried fish, sweet corn, broccoli, apple, fruit juice。鹹鱼肉饼, 玉米, 西兰花, 苹果, 果汁。	6/11 Beef meatball, macaroni, mustard green, kiwi, fruit juice。牛肉丸, 通心粉, 大芥菜, 猕猴桃, 果汁。	6/12 Pork chops, mashed potato, sliced carrots w/ green bean, orange, fruit juice。烤猪扒, 土豆泥, 四季豆, 橙, 果汁。	6/13 Baked breaded fish, broccoli/cauliflower, orange, fruit juice, 烤鱼饼, 橙, 果汁。Alternative; Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt。豆蔬浓汤, 糙米饭, 全麦饼, 芥菜烧西红柿, 酸奶切片黄瓜。
6/15 Mix vegetable stew, baked sweet potato, napa cabbage, orange, fruit juice。炖素菜, 烤地瓜, 大白菜, 橙, 果汁。	6/16 Baked mushroom chicken, baked potato, green cabbage, banana, fruit juice。香菇鸡腿, 烤土豆, 高丽菜, 香蕉, 果汁。	6/17 Baked salmon fillet, sweet corn, broccoli, apple, fruit juice。烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁。	6/18 Baked chicken wing, French fries, mustard green, kiwi, fruit juice。烤鸡翅, 薯条, 大芥菜, 猕猴桃, 果汁。	6/19	6/20 Baked chicken patty, broccoli/cauliflower, orange, fruit juice, 烤鸡肉饼, 橙, 果汁。Alternative; Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt。豆蔬浓汤, 糙米饭, 全麦饼, 芥菜烧西红柿, 酸奶切片黄瓜。
6/22 Tofu with mix vegetable, baked sweet potato, napa cabbage, orange, fruit juice。豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁。	6/23 Bbq chicken, baked potato, green cabbage, banana, fruit juice。烤鸡腿, 高丽菜, 烤土豆, 香蕉, 果汁。	6/24 Beef meatball, macaroni, broccoli, apple, fruit juice。牛肉丸, 通心粉, 西兰花, 苹果, 果汁。	6/25 Baked chicken wing, baked bean, shanghai green, kiwi, fruit juice。烤鸡翅, 炖豆, 上海菜, 猕猴桃, 果汁。	6/26 Baked salmon fillet, sweet corn, carrots with green bean, orange, fruit juice。烤三文鱼, 甜玉米, 胡萝卜四季豆, 橙, 果汁。	6/27 Tuna fish salad, broccoli, orange, fruit juice。金枪鱼沙拉, 橙, 果汁。Alternative ; Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt, 豆蔬浓汤, 糙米饭, 全麦饼, 花菜烧西红柿, 酸奶切片黄瓜。
6/29 Eggplant parmesan, baked potato, Bok Choy, orange, fruit juice。烤茄饼, 烤土豆, 大白菜, 橙, 果汁。	6/30 Baked mushroom chicken, macaroni, green cabbage, banana, fruit juice。香菇鸡腿, 通心粉, 高丽菜, 香蕉, 果汁。	7/1 Steamed ground pork meatflavored w/dried fish, sweet corn, broccoli, apple, fruit juice。鹹鱼肉饼, 玉米, 西兰花, 苹果, 果汁。			