

Canadian International School Beijing

Junior Morning Snack (ES) – 2019

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Danish 丹麦包 Mineral Water 矿泉水	Cereal 玉米片 Fresh Milk 鲜牛奶	Croissant 牛角 Plain Yogurt 原味酸奶	Pineapple Bun 菠萝包 Juice 果汁	Mini Chicken Sandwich 迷你鸡肉三明治 Fresh Milk 鲜牛奶



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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Danish 丹麦包 Mineral Water 矿泉水	Raisin Bread 葡萄干面包 Fresh Milk 鲜牛奶	Homemade Cookies 自制饼干 Flavored Yogurt 果味酸奶	Egg Tart 蛋挞 Juice 果汁	Chicken Ham Cheese Panini 鸡肉火腿芝士帕尼尼 Mineral Water 矿泉水

