

Date 日期	Breakfast 早餐	Lunch 午餐	Dinner 晚餐
Saturday 4th Feb 二月四日 星期六			Pizza Fruit jelly 比萨饼, 水果果冻
Sunday 5th Feb 二月五日 星期天	Toast, fruit, croissants, hard boiled eggs – served by Workaways 烤面包片, 水果, 羊角面包, 煮鸡蛋	Packed lunch 午饭盒	Roast dinner Cornflake & syrup tart 烤肉 玉米麦片和糖汁蛋挞
Monday 6th Feb 二月六日 星期一	Toast, fruit, croissants, hard boiled eggs – served by Workaways 烤面包片, 水果, 羊角面包, 煮鸡蛋	With GIS students Sausage & mash 香肠和土豆泥 (与在校学生共餐)	Tomato & basil pasta Fresh fruit 番茄酱意大利面 新鲜水果
Tuesday 7th Feb 二月七日 星期二	Toast, fruit, croissants, hard boiled eggs – served by Workaways 烤面包片, 水果, 羊角面包, 煮鸡蛋	With GIS students Chicken noodles Knickerbocker Glory 鸡肉面条 冰淇淋杯 (与在校学生共餐)	Casserole Fresh fruit 砂锅菜 新鲜水果
Wednesday 8th Feb 二月八日 星期三	Toast, fruit, croissants, hard boiled eggs – served by Workaways 烤面包片, 水果, 羊角面包, 煮鸡蛋	Packed lunch 午饭盒	Fish cakes Rice pudding 鱼肉饼 米饭布丁
Thursday 9th Feb 二月九日 星期四	Toast, fruit, croissants, hard boiled eggs – served by Workaways 烤面包片, 水果, 羊角面包, 煮鸡蛋	Packed lunch 午饭盒	Chilli con carne Jacket potato Sticky toffee pudding 墨西哥辣味牛肉 烤土豆 太妃布丁
Friday 10th Feb 二月十日 星期五	Toast, fruit, croissants, hard boiled eggs – served by Workaways 烤面包片, 水果, 羊角面包, 煮鸡蛋	With GIS students Pizza Arctic roll 比萨饼, 北极卷 (与在校学生共餐)	Fajitas Fresh fruit 蔬菜肉丝玉米卷 新鲜水果
Saturday 11th Feb 二月十一日 星期六	Toast, fruit, croissants, hard boiled eggs – served by Workaways 烤面包片, 水果, 羊角面包, 煮鸡蛋	Soup & baguette 汤, 法国长面包	Salmon, new potatoes, green veg 三文鱼, 新土豆, 绿色蔬菜
Sunday 12th Feb 二月十二日 星期天	Toast, fruit, croissants, hard boiled eggs – served by Workaways 烤面包片, 水果, 羊角面包, 煮鸡蛋	Roast dinner Syrup Sponge 烤肉 糖汁蛋糕	Traditional English Sunday Dinner at English family 同英国家庭同享 传统晚餐
Monday 13th Feb 二月十三日 星期一	Toast, fruit, croissants, hard boiled eggs – served by Workaways 烤面包片, 水果, 羊角面包, 煮鸡蛋	With GIS students Pasta with meatballs Fruit sponge 肉丸意大利面 水果蛋糕	Chinese dumplings 饺子, 中餐
Tuesday 14th Feb 二月十四日 星期二	Toast, fruit, croissants, hard boiled eggs – served by Workaways 烤面包片, 水果, 羊角面包, 煮鸡蛋	Packed lunch 午饭盒	Departed 离开学校
Tuesday 14th to Feb 16th -- London 二月十四日到二月十六日 伦敦			