School Lunch Buffet



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Menus may be subject to change due to daily availability of ingredients / 菜单有可能会根据日常原材料的供应状况做相应调整

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	June 7	June 8	June 9	June 10	June 11
MAIN CANTONESE	Chicken Stew with Carrot 胡萝卜烧鸡	Steamed Eggs with Pork Mince 肉末蒸水蛋	Sweet & Sour Pork with Pineapple 菠萝咕噜肉	Beef Stew with Tomato 番茄炖牛肉	Taiwanese Pork Stew 台湾卤肉
MAIN WESTERN	Penne with Bacon & Bell Peppers 培根彩椒焗尖通粉	Braised Beef with Carrot 胡萝卜烩牛肉	Curry Fish Ball 咖喱鱼蛋	New Orleans Roasted Wing 新奥尔良烤鸡翅根	Beef Burger 牛肉汉堡
SIDE CANTONESE	Scalded Chinese Cabbage 白灼小白菜	Garlic Shanghai Green 蒜蓉上海青	Scalded Choy Sum 白灼油菜苔	Stir-fried Mixed Vegetables 荟萃彩丝	Spinach with Sesame 芝麻菠菜
SIDE WESTERN	Sautéed Zucchini 清炒西葫芦	Garlic Cauliflower 蒜香椰菜	Steamed Pumpkin 蒸南瓜	Broccoli with Mushroom & Oyster Sauce 香菇蚝油西兰花	Sautéed Shredded Carrots 清炒胡萝卜丝
SOUP	Shrimps & Wax Melon Soup 虾米冬瓜汤	Kelp & Soybean Pork Bone Soup 海带黄豆大骨汤	Mushroom & Chicken Soup 鲜菇鸡汤	Corn Soup 西式玉米汤	Malabar Spinach Pork Bone Soup 木耳菜猪骨汤
RICE	Steamed Rice 白米饭	Steamed Mixed Grains Rice 杂粮饭	Steamed Rice 白米饭	Eggs & Spring Onion Fried Rice葱蛋炒饭	Steamed Mixed Grains Rice 杂粮饭
DESSERT / FRUIT	Fruit 水果	Cake 蛋糕	Fruit 水果	Cake 蛋糕	Fruit 水果