

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 4

DATE

MONDAY

September 21

TUESDAY

September 22

WEDNESDAY

September 23

THURSDAY

September 24

FRIDAY

September 25

 MAIN
CANTONESE

Chicken with Mushroom
& Oyster Sauce
香菇蚝油鸡肉

Braised Duck with Carrot
胡萝卜烧鸭

Beef Curry
牛肉咖喱

Stir-fried Fish
with Vegetables
什锦鱼丁

Stir-fried Pork Slices
with Bell Peppers
彩椒肉片

 MAIN
WESTERN

Penne
with Bacon & Tomato Sauce
培根番茄尖通粉

Beef Chili with Chips
(NON SPICY)
不辣牛肉酱配玉米片

Lasagna with Pork Mince
猪肉酱千层面

Braised Chicken with
Mushroom & White Sauce
蘑菇白汁烩鸡肉

Stir-fried
Spaghetti with Beef
牛肉炒意粉

 SIDE
CANTONESE

Sauteed Shanghai Green
清炒上海青

Stir-fried Chinese Yam
with Black Fungus
淮山炒木耳

Scalded Choy Sum
白灼菜心

Stir-fried Smoked
Bean Curd with Celery
芹菜炒白干

Sautéed Diced Vegetables
炒彩丁

 SIDE
WESTERN

Grilled Bell Peppers
扒彩椒

Buttered Spinach
黄油菠菜

Boiled Corn
牛奶煮玉米

Chicken Broth Broccoli
鸡汁西兰花

Baked Creamy Cauliflower
奶香椰菜花

 SOUP

Lotus Root & Pork Bone
Soup
莲藕大骨汤

Tomato & Egg Soup
西红柿蛋花汤

Agrocybe Cylindracea
& Pork Meat Soup
茶树菇肉片汤

Pumpkin Soup
南瓜汤

Kelp & Pork Bone Soup
海带龙骨汤

 RICE

Steamed Rice
白米饭

Steamed Mixed Grains Rice
杂粮饭

Steamed Rice
白米饭

Steamed Mixed Grains Rice
杂粮饭

Steamed Rice
白米饭

 DESSERT /
FRUIT

Fruit
水果

Cake
蛋糕

Fruit
水果

Cake
蛋糕

Fruit
水果