

# 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	September 7	September 8	September 9	September 10	September 11
 <b>MAIN CANTONESE</b>	Chicken Stew with Celery & Mushroom 莴笋香菇炖鸡	Beef Stew with Potatoes 土豆烧牛肉	Fish Balls Curry 咖喱鱼蛋	Braised Duck with Carrot 胡萝卜烧鸭	Steamed Eggs with Shrimps 虾仁蒸蛋
 <b>MAIN WESTERN</b>	Fusilli with Pork Ragu 意大利螺丝粉配猪肉酱	Roasted Duck with Onion 洋葱烤鸭	Creamy Sausage Baked with Pasta 香肠焗意粉	Braised Beef with Zucchini 西葫芦烩牛肉	Pork Stew with Tomatoes 番茄汁炖猪肉
 <b>SIDE CANTONESE</b>	Sautéed Shanghai Green 清炒上海青	Scalded Choy Sum 白灼菜心	Long Bean 炒长豆角	Stir-fried Chinese Yam with Black Fungus 淮山炒木耳	Stir-fried Cauliflower 炒菜花
 <b>SIDE WESTERN</b>	Roasted Eggplant 烤茄子	Mushroom with Edamame 蘑菇烧毛豆	Chicken Broth Broccoli 鸡汁西兰花	Buttered Spinach 黄油菠菜	Baked Sweet Potatoes 烤红薯
 <b>SOUP</b>	Tomato & Egg Soup 西红柿蛋花汤	Carrot & Corn Pork Bone Soup 胡萝卜玉米大骨汤	Mushroom & Pork Meat Soup 菌菇肉片汤	Red Beans & Bacon Soup 红豆培根汤	Kelp & Soy Bean Pork Bone Soup 海带黄豆大骨汤
 <b>RICE</b>	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
 <b>DESSERT / FRUIT</b>	Fruit 水果	Dessert 点心	Fruit 水果	Dessert 点心	Fruit 水果