

# School Lunch Buffet

NOM NOM

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 1

DATE

## MONDAY

October 7

## TUESDAY

October 8

## WEDNESDAY

October 9

## THURSDAY

October 10

## FRIDAY

October 11



**MAIN  
CANTONESE**



**MAIN  
WESTERN**



**SIDE  
CANTONESE**



**SIDE  
WESTERN**



**SOUP**



**RICE**



**DESSERT /  
FRUIT**

Chicken Curry  
咖喱鸡

Grilled Ginger Sesame Beef  
烤牛肉配芝麻

Sautéed Shredded Celtuce  
清炒莴笋丝

Golden Corn Niblet  
黄金玉米粒

Tomato & Egg Soup  
番茄蛋花汤

Steamed Rice  
白米饭

Cake/Salad  
蛋糕/沙拉

Stir-fried Slice Pork with  
Mu'er & Chinese Yam  
淮山木耳炒肉片

Steamed Sole Fish  
with Tomato Sauce  
蒸龙利鱼配番茄酱

Garlic Choy Sum  
蒜蓉菜心

Steamed Pumpkin  
蒸南瓜

Chicken Soup with Chestnut  
板栗鸡汤

Steamed Rice  
白米饭

Fruit/Pizza  
水果/披萨

Braised Beef Brisket  
with Tomato  
番茄焖牛肉

Home Made Porchetta  
自制意大利烤猪肉

Vegetarian Spring Rolls  
素食春卷

Grilled Bell Peppers  
扒彩椒

Corn Soup  
西式玉米汤

Steamed Rice  
白米饭

Cake/Salad  
蛋糕/沙拉

Braised Duck with Carrot  
胡萝卜焖鸭

Chicken Burger  
自制鸡肉汉堡

Stir-fried Long Beans with  
Preserved Vegetable  
榄菜豆角

Baked Mushroom  
with Butter Sauce  
扒蘑菇配黄油酱

Lotus Root  
& Pork Bone Soup  
莲藕龙骨汤

Steamed Rice  
白米饭

Fruit/Salad  
水果/沙拉

**National Holiday  
国庆节**

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## WEEK 2

### DATE

## MONDAY

October 14

## TUESDAY

October 15

## WEDNESDAY

October 16

## THURSDAY

October 17

## FRIDAY

October 18



### MAIN CANTONESE

Braised Pork with Potatoes  
猪肉焖土豆

Braised Fish in Brown Sauce  
红烧鱼

Baked Chicken  
照烧鸡肉

Beef Brisket with  
牛腩烧腐竹

Braised Tofu with Mince  
红烧豆腐肉沫



### MAIN WESTERN

Chicken Parmigiana  
意大利焗鸡

Mexican Roasted Beef  
墨西哥风味烤牛肉

Braised Pork  
with Peas & Carrot  
青豆红萝卜烩猪肉

Deep-fried Fish Served with  
Tartar Sauce  
炸鱼配塔塔酱

Beef Burger  
自制牛肉汉堡



### SIDE CANTONESE

Sautéed  
Shredded Vegetables  
清炒脆三丝

Chicken Broth Tofu  
鸡汁烧豆腐

Scrambled Eggs  
with Tomatoes  
番茄炒蛋

Garlic Choy Sum  
蒜蓉菜心

Garlic Long Beans  
蒜蓉青豆角



### SIDE WESTERN

Vegetables Ratatouille  
炖蔬菜

Broccoli Flotters  
蒜蓉蒸西兰花

Cauliflower Gratin  
焗菜花

Stir-fried Cabbage  
清炒包菜

Steamed Colcannon  
蒸马铃薯卷心菜泥



### SOUP

Kelp & Pork Bone Soup  
海带大骨汤

White Gourd Meatball Soup  
冬瓜肉丸汤

Lotus Root & Pork Bone  
Soup  
莲藕龙骨汤

Pumpkin Soup  
南瓜汤

Corn & Carrot  
Pork Bone Soup  
玉米红萝卜大骨汤



### RICE

Steamed Rice  
白米饭

Steamed Rice  
白米饭

Steamed Rice  
白米饭

Steamed Rice  
白米饭

Steamed Rice  
白米饭



### DESSERT / FRUIT

Fruit/Salad  
水果/沙拉

Cake/Salad  
蛋糕/沙拉

Fruit/Pizza  
水果/披萨

Cake/Salad  
蛋糕/沙拉

Fruit/Salad  
水果/沙拉



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## WEEK 3

### DATE

## MONDAY

October 21

## TUESDAY

October 22

## WEDNESDAY

October 23

## THURSDAY

October 24

## FRIDAY

October 25



### MAIN CANTONESE

Braised Duck with Chinese  
Chestnut & Carrot  
板栗胡萝卜焖鸭

Fish Finger  
手指鱼

Chicken Teriyaki  
日式鸡肉

Beef Curry  
咖喱牛肉

Taiwanese Braised Pork  
台湾卤肉



### MAIN WESTERN

Baked Pasta  
with Crispy Bacon  
香脆烟肉焗意面

Braised Beef with Potatoes  
土豆炖牛肉

Stir-fried Pork  
with Cherry Tomato  
炒猪肉配小番茄

Roasted Sole Fish with  
Sweet & Sour Sauce  
烤龙利鱼配酸甜酱

Deep-fried Chicken Fillets  
in Golden Breadcrumbs  
with Mustard Sauce  
酥炸鸡柳配黄芥末酱



### SIDE CANTONESE

Steamed Dumpling  
蒸饺子

Braised Tofu  
with Tomato & Mushroom  
番茄金针菇烩豆腐

Garlic Shredded Celtuce  
香蒜炒莴笋丝

Steamed Bun  
蒸馒头

Stir-fried Diced Veggies  
炒蔬菜丁  
(莴笋、胡萝卜、玉米)



### SIDE WESTERN

Zucchini Gratin with  
Mozzarella & Golden Bread  
面包奶油焗西葫芦

Steamed Green Long Bean  
蒸长豆角

Grilled Pumpkin  
烤南瓜

Sicilian Caponata  
西西里烤蔬菜  
(Zucchini, Bell Peppers, Onion,  
Tomato Sauce)

Baked Mushrooms  
with Garlic  
蒜蓉烤蘑菇



### SOUP

Agrocybe Cylindracea &  
Lean Meat Soup  
茶树菇瘦肉汤

Chicken Soup with Daikon  
白萝卜老鸡汤

Chinese Yam  
& Pork Bone Soup  
淮山龙骨汤

Corn Soup  
西式玉米汤

Kelp & Pork Bone Soup  
海带大骨汤



### RICE

Steamed Rice  
白米饭

Steamed Rice  
白米饭

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白米饭

Steamed Rice  
白米饭

Steamed Rice  
白米饭



### DESSERT / FRUIT

Fruit/Salad  
水果/沙拉

Cake/Salad  
蛋糕/沙拉

Fruit/Pizza  
水果/披萨

Cake/Salad  
蛋糕/沙拉

Fruit/Salad  
水果/沙拉

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## WEEK 4

### DATE

## MONDAY

October 28

## TUESDAY

October 29

## WEDNESDAY

October 30

## THURSDAY

October 31

## FRIDAY

November 1



**MAIN  
CANTONESE**

Stir-fried Beef  
with Bell Pepper & Onion  
洋葱彩椒炒牛肉

Steamed Fish  
With Light Soy Sauce  
酱油蒸鱼

Chicken with Mushroom &  
Oyster Sauce  
蚝油香菇焖鸡

Sautéed Duck  
with Carrot & Celery  
胡萝卜西芹炒鸭肉

Char Siu(BBQ Pork)  
蜜汁叉烧



**MAIN  
WESTERN**

Spaghetti Duck Ragu  
鸭肉酱意粉

Pork Goulash  
蔬菜烩猪肉

Beef Chilli (Non-Spicy)  
不辣牛肉酱

Roasted Thai Sole Fish  
with Curry Lime & Ginger  
泰式柠香咖喱鱼

Chicken Hotdog  
鸡肉热狗



**SIDE  
CANTONESE**

Stir-fried Chinese Yam  
with Mu'Er  
淮山炒木耳

Chicken Broth Tofu  
鸡汁烧豆腐

Stir-fried Long Beans with  
Pickled Olive Vegetable  
榄菜豆角

Sautéed Baby Cabbage  
蒜蓉娃娃菜

Scrambled Eggs  
with Tomatoes  
番茄炒蛋



**SIDE  
WESTERN**

Buttered Spinach  
黄油菠菜

Sautéed Zucchini  
清炒西葫芦瓜

Golden Corn Niblet  
黄金玉米粒

Grilled Bell Peppers  
扒彩椒

Steamed Broccoli  
蒸西兰花



**SOUP**

Wolfberry Leaf  
with Meatball Soup  
枸杞叶肉丸汤

Tomato & Egg Soup  
番茄蛋花汤

Pork Bone Soup  
with Daikon  
白萝卜筒骨汤

Red Beans & Bacon Soup  
红豆培根汤

Winter Melon &  
Seaweed Pork Ribs Soup  
冬瓜排骨海带汤



**RICE**

Steamed Rice  
白米饭

Steamed Rice  
白米饭

Steamed Rice  
白米饭

Steamed Rice  
白米饭

Steamed Rice  
白米饭



**DESSERT /  
FRUIT**

Fruit/Salad  
水果/沙拉

Cake/Salad  
蛋糕/沙拉

Fruit/Pizza  
水果/披萨

Cake/Salad  
蛋糕/沙拉

Fruit/Salad  
水果/沙拉