










SCHOOL LUNCH MENU




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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	<u>June 3</u>	<u>June 4</u>	<u>June 5</u>	<u>June 6</u>	<u>June 7</u>
 MAIN CANTONESE	Stir-fried Beef with Celery & Onion 洋葱西芹炒牛肉	Taiwan Style Pork Stew 台湾卤肉	Stir-fried Slice Pork with Mu'er & Chinese Yam 淮山木耳炒肉片	Stir-fried Chicken with Mushroom & Oyster Sauce 蚝油香菇炒鸡柳	Steamed Fish with Ginger & Spring Onion 姜葱蒸鱼
 MAIN WESTERN	Spaghetti Bolognese 猪肉酱意粉	Italian Style Roasted Chicken with Black Olive & Onion 意大利风味烤鸡配黑橄榄、洋葱	Fish in Mediterranean Sauce 地中海风味蒸鱼	Duck Breast Curry with Zucchini 鸭肉咖喱配小南瓜	Mini Hot Dog 迷你热狗
 SIDE CANTONESE	Bean Curd with Oyster Sause 蚝油支竹	Garlic Shredded Potatoes 蒜蓉土豆丝	Stir-fried Shredded Celtuce 清炒莴笋丝	Sautéed Carrot & Long Bean 炒胡萝卜长豆角	Steamed Dumpling 蒸饺子
 SIDE WESTERN	Roasted Zucchini 烤小南瓜	Grilled Bell Peppers 扒灯笼椒	Steamed Cauliflower 蒸菜花	Roasted Potato 烤土豆	Buttered Spinach 黄油菠菜
 SOUP	Chinese Yam Pork Bone Soup 淮山龙骨汤	Tomato & Egg Soup 番茄蛋花汤	Corn & Carrot Pork Bone Soup 玉米胡萝卜大骨汤	Pumpkin and Onion Soup 南瓜洋葱浓汤	Wolfberry Leaf with Meatball Soup 枸杞叶肉丸汤
 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 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	<u>June 10</u>	<u>June 11</u>	<u>June 12</u>	<u>June 13</u>	<u>June 14</u>
 MAIN CANTONESE	HK-Style Curry Chicken 港式咖喱鸡	Fish Cutlet 吉利鱼柳	Baked Chicken 香烤鸡肉	Braised Beef with Potatoes 土豆炖牛肉	
 MAIN WESTERN	Baked Penne with Beef Bolognese Sauce 牛肉酱焗通心粉	Duck with Garlic in Gravy Sauce 香蒜炒鸭肉配肉汁	Roasted Pork with Daikon & BBQ Sauce 白萝卜烤猪肉配烤肉酱	Fish Cartoccio Style 意式彩椒烤鱼	
 SIDE CANTONESE	Sautéed Shredded Vegetables 清炒脆三丝	Garlic Sautéed Broccoli 蒜蓉炒西兰花	Stir-fried Vegetables with Corn 七彩玉米丁	Chicken Broth Tofu 鸡汁烧豆腐	Half Day
 SIDE WESTERN	Baked Pumpkin 焗南瓜	Grilled Mushroom 烤蘑菇	Steamed Zucchini 蒸小南瓜	Steamed Cauliflower 蒸菜花	
 SOUP	Kelp & Pork Bone Soup 海带大骨汤	Corn & Daikon Pork Bone Soup 玉米白萝卜大骨汤	Lotus Root & Pork Bone Soup 莲藕龙骨汤	Red Beans and Tomato Soup 红豆西红柿汤	
 RICE	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	