




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可供性做相应调整

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	<u>September 2</u>	<u>September 3</u>	<u>September 4</u>	<u>September 5</u>	<u>September 6</u>
 MAIN	Korean Stir-fried Crisp Sausage 韩式炒脆皮肠	Korean Chicken Stew with Chili 韩式辣煮鸡	Korean Braised Pork 韩式卤肉	Korean Roasted Beef 韩式烤牛肉	Pork Stew with Korean Miso Paste 韩式大酱烧猪肉
 MAIN	Korean Style Stir-fried Mixed Vegetables 韩式炒杂菜	Stir-fried Rice Cake with Cheese 芝士炒年糕	Stir-fried Fish Ball Curry 咖喱炒鱼蛋	Korean Omelette 鸡蛋饼	Kimbab with Tuna 金枪鱼紫菜包饭
 SIDE	Garlic Chinese Cabbage 蒜蓉奶白菜	Mixed Spinach with Sauce & Sesame 芝麻拌菠菜	Mixed Broccoli with Sauce 拌西兰花	Sautéed Zucchini 清炒小瓜片	Garlic Choy Sum 蒜蓉炒菜心
 SIDE	Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜
 RICE	Steamed Rice 白米饭	Korean Bibimbap 韩式拌饭	Steamed Rice 白米饭	Fried Rice with Kimchi 泡菜炒饭	Steamed Rice 白米饭

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	<u>September 9</u>	<u>September 10</u>	<u>September 11</u>	<u>September 12</u>	<u>September 13</u>
 MAIN	Chicken Curry 咖喱鸡肉	Sweet & Sour Sole Fish 酸甜龙利鱼	Roasted Marinated Beef 韩式烤风味牛肉	Teriyaki Chicken Thigh 照烧鸡腿	
 MAIN	Stir-fried Rice Cake with Cheese 芝士炒年糕	Korean Style Stuff Eggplant with Pork Mince 韩式肉沫茄夹	Stir-fried Pork with Zucchini 小瓜炒肉片	Korean Stir-fried Fish Cake with Vegetables 韩式蔬菜炒鱼饼	Mid-Autumn Festival
 SIDE	Mixed Shredded Seaweed with Sauce 拌海带丝	Shanghai Green with Mushroom 香菇上海青	Potato Cake 土豆饼	Pan-fried Egg 煎蛋	
 SIDE	Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜	
 RICE	Steamed Rice 白米饭	Korean Bibimbap 韩式拌饭	Steamed Rice 白米饭	Fried Rice with Diced Beef 牛肉粒炒饭	

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## SCHOOL LUNCH MENU

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	<u>September 16</u>	<u>September 17</u>	<u>September 18</u>	<u>September 19</u>	<u>September 20</u>
 MAIN		Korean Stir-fried Beef 韩式炒肥牛	Korean Roasted Pork Belly 韩式烤五花肉	Korean Deep-fried Chicken Leg 韩式炸鸡腿	Sweet & Sour Pork 酸甜猪肉
 MAIN	Staff PL Day	Korean Stir-fried Crisp Sausage 韩式炒脆皮肠	Seafood Pancake 海鲜煎饼	Korean Stir-fried Shrimps with Carrot & Green Beans 韩式红萝卜丁青豆炒虾仁	Stir-fried Beef with Kimchi 泡菜炒肥牛
 SIDE		Mixed Bean Sprout with Sauce 拌豆芽	Garlic Shanghai Green 蒜蓉上海青	Garlic Choy Sum 蒜蓉炒菜心	Kimbap 紫菜包饭
 SIDE		Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜
 RICE		Korean Bibimbap 韩式拌饭	Steamed Rice 白米饭	Fried Rice with Scrambled Eggs 蛋炒饭	Steamed Rice 白米饭



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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	<u>September23</u>	<u>September24</u>	<u>September25</u>	<u>September26</u>	<u>September27</u>
 MAIN	Braised Sardine with Potato & Tomato Sauce 茄汁沙丁鱼焖土豆	Korean Stir-fried Shrimp 韩式炒虾仁	Fish Ball Curry 咖喱鱼蛋	Korean Roasted Pork Chop with Cheese 韩式芝士烤猪排	Korean Fried Chicken 韩式炸鸡
 MAIN	Korean Pork Wrap with Chinese Cabbage 韩式白菜包猪肉	Korean Beef Roll with Mushroom 韩式肥牛卷金针菇	Korean Stir-fried Pork Slice with Potato & Kimchi 泡菜炒猪肉土豆片	Braised Tofu with Beef Mince & Korean Chili 韩式辣酱牛肉沫烧豆腐	Kimbap with Crab Stick 蟹柳紫菜包饭
 SIDE	Mixed Spinach with Sauce & Sesame 芝麻拌菠菜	Sautéed Shredded Celtuce 清炒莴笋丝	Garlic Choy Sum 蒜蓉炒菜心	Shanghai Green with Mushroom 香菇上海青	Korean Tofu Ball with Pork Mince 韩式猪肉豆腐丸
 SIDE	Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜
 RICE	Steamed Rice 白米饭	Korean Bibimbap 韩式拌饭	Steamed Rice 白米饭	Fried Rice with Kimchi 泡菜炒饭	Steamed Rice 白米饭