



Qilin Cafeteria Menu September 2-6, 2019

Dear Parents,

Here is the menu for this week. Thank you all for the feedback on how to make our cafeteria better. We keep trying to find the right balance!

Grades Pre-K through Gr. 2

周一	Monday	周二	Tuesday	周三	Wednesday	周四	Thursday	周五	Friday
意面	Spaghetti	瘦肉粥	Pork Porridge	乌冬面	Noodles	意粉	Spaghetti	玉米番薯饭	Corn and Sweet Potato Rice
甜玉米	Sweet Corn	无籽提	Grape	西瓜	Watermelon	火龙果	Dragon Fruit	哈密瓜	Cantaloupe
点心	Bread	点心	Bread	点心	Bread	玉米粒蒸肉饼	Corn Meatloaf	淮山炖鸡肉	Stewed Chicken
红萝卜丁炒肉丁	Carrot and Pork	冬瓜煮小肉丸	Melon with Meatball	豆干烧肉丁	Bean Curd with Pork	麦乐鸡块	Chicken Nuggets	青瓜木耳炒肉	Cucumber and Meat
清炒西兰花	Broccoli	娃娃菜	Green Vegetable	手撕包菜	Cabbage	蒸水蛋	Steamed Egg	番茄炒鸡蛋	Tomato and Egg
酸奶	Yogurt	酸奶	Yogurt	牛奶	Milk	紫菜蛋花汤	Chinese Soup	红薯西米露糖水	Chinese Sweet Soup

Grades 3 through Gr. 12

周一	Monday	周二	Tuesday	周三	Wednesday	周四	Thursday	周五	Friday
西冷牛扒	Sirloin Steak	蒜香牛仔骨	Garlic Beef	五彩牛肉粒	Pepper and Beef	黑椒牛扒	Black Pepper Steak	纽约烤羊排	New York Baked Lamb
香茅猪扒	Taro and Pork	黑椒鸡扒	Black Pepper Chicken	香煎白鲳鱼	Pan-fried Fish	吉利猪扒	Pan-fried Pork	蜜汁鸡全翅	Honey Chicken Wings
鸡扒汉堡	Chicken Burger	三明治	Sandwiches	台湾香肠	Sausage	孜然羊肉	Lamb	猪扒汉堡	Pork Burger
虾片	Shrimp Slice	南瓜饼	Pumpkin Biscuit	薯条	French Fries	洋葱圈	Onion Ring	鸡米花	Popcorn Chicken
咖喱鸡肉披萨	Chicken Curry Pizza	蒜香鸡中翅	Chicken Wings	锡纸鱿鱼须	Baked Squid	黑椒牛肉披萨	Black Pepper Beef Pizza	墨西哥鸡肉卷	Chicken Burrito
海鲜炒饭	Seafood Fried Rice	扬州炒饭	Yangzhou Fried Rice	蛋炒饭	Egg Fried Rice	咖喱鸡肉炒饭	Chicken Curry Fried Rice	生炒牛肉饭	Beef Fried Rice
茄汁意粉	Spaghetti	肉酱意粉	Spaghetti	海鲜通心粉	Seafood Macaroni	干炒牛河	Fried Noodles	三丝炒面	Fried Noodles
水果沙律	Fruit Salad	蔬菜沙律	Vegetable Salad	奶油玉米	Butter Corn	水果沙律	Fruit Salad	蔬菜沙律	Vegetable Salad
橙汁	Orange Juice	西瓜汁	Watermelon Juice	哈密瓜汁	Cantaloupe Juice	凤梨汁	Pear Juice	柠檬蜜汁	Lemon Juice
牛奶	Milk	牛奶	Milk	牛奶	Milk	牛奶	Milk	牛奶	Milk
苹果/橙子	Apple/Orange	哈密瓜/提子	Cantaloupe/Grape	西瓜/香蕉	Watermelon/Banana	火龙果/哈密瓜	Dragon Fruit/Cantaloupe	梨/西瓜	Pear/Watermelon
白米饭	White Rice	白米饭	White Rice	白米饭	White Rice	白米饭	White Rice	白米饭	White Rice
杂粮饭	Multi-grain Rice	杂粮饭	Multi-grain Rice	杂粮饭	Multi-grain Rice	杂粮饭	Multi-grain Rice	杂粮饭	Multi-grain Rice
罗宋汤	Chinese Soup	海带玉米黄豆汤	Chinese Soup	番茄紫菜蛋花汤	Chinese Soup	奶油蘑菇汤	Chinese Soup	红萝卜玉米龙骨汤	Chinese Soup
茶树菇炖土鸡	Chinese Soup	沙参玉竹炖龙骨	Chinese Soup	无花果雪梨炖瘦肉	Chinese Soup	花旗参炖乌鸡	Chinese Soup	石斛麦冬炖瘦肉	Chinese Soup
南瓜豆豉蒸排骨	Steamed Pumpkin and Ribs	香菇滑鸡	Mushroom and Chicken	可乐鸡中翅	Coke Chicken Wing	豉汁蒸排骨	Steamed Ribs	蒜蓉粉丝蒸虾	Steamed Noodles and Shrimp
海鲜菇炒牛柳	Mushroom and Beef	蜜汁叉烧	Honey Baked Pork	香菠鸡块	Pineapple and Chicken	杏鲍菇炒猪肚	Mushroom and Pork Belly	鲜菇炒牛肉	Mushroom and Beef
白切鸡	Steamed Chicken	香酥鸡腿	Crispy Chicken Legs	剁椒福寿鱼	Pepper and Fish	三杯鸭	Flavored Duck	京都排骨	Flavored Ribs
宫保鳕鱼球	Fish Ball	虾炒蛋	Shrimp Fried Egg	香干回锅肉	Dry Bean and Pork	美极虾	Salted Shrimp	白切鸭	Steamed Duck
青椒炒肉	Pepper and Pork	青椒炒鸭肠	Green Peppers and Duck	西芹炒腊肠	Celery and Sausage	清炒丝瓜	Melon Stir-fry	西芹百合炒腰果	Vegetable Stir-fry
清炒莴笋	Asparagus Stir-fry	清炒木瓜丝	Melon Stri-fry	清炒莲藕片	Lotus Root Stir-fry	西兰花炒肉	Broccoli and Pork	清炒土豆丝	Potato Slice Stir-fry
油麦菜	Green Vegetable	娃娃菜	Green Vegetable	菜心	Green Vegetable	小白菜	Green Vegetable	生菜	Green Vegetable