



Qilin Cafeteria Menu September 9-13, 2019

Dear Parents,

Here is the menu for this week. Please continue to provide feedback so we can help our cafeteria provider improve their service to us!

Grades Pre-K through Gr. 2

周一	Monday	周二	Tuesday	周三	Wednesday	周四	Thursday
肉酱通心粉	Macaroni with Meat Sauce	鸡腿	Chicken Leg	乌冬面	Noodles	鲜茄意粉	Spaghetti
西瓜/苹果	Watermelon/Apple	无籽提/梨	Grape/Pear	哈密瓜/火龙果	Canteloupe/Dragon Fruit	甜玉米	Corn
点心	Bread	点心	Bread	点心	Bread	香菇蒸瘦肉	Mushroom and Pork
淮山炖鸡肉	Steamed Chicken	青瓜炒肉	Cucumber and Pork	红萝卜丁炒瘦肉	Carrot and Pork	番茄炒蛋	Tomato and Egg
菜心	Green Vegetable	油麦菜	Green Vegetable	包菜	Green Vegetable	娃娃菜	Green Vegetable
牛奶	Milk	红枣雪耳莲子糖水	Chinese Sweet Soup	酸奶	Yogurt	红萝卜玉米汤	Chinese Soup

Grades 3 through Gr. 12

周一	Monday	周二	Tuesday	周三	Wednesday	周四	Thursday
黑椒牛扒	Black Pepper Steak	沙姜焗鸡	Ginger Chicken	蒜香牛仔骨	Garlic Beef	香茅猪扒	Taro Pork Chop
茄汁猪扒	Tomato Sauce Pork Chop	西冷牛扒	Sirloin Steak	咖喱鸡扒	Chicken Curry	香煎白鲳鱼	Pan-fried Fish
三明治	Sandwiches	猪扒汉堡	Pork Hamburger	台湾香肠	Sausage	墨西哥鸡肉卷	Chicken Burrito
炸薯条	French Fries	香芋地瓜丸	Taro and Sweet Potato Ball	虾片	Shrimp Slice	南瓜饼	Pumpkin Biscuit
黑椒牛肉披萨	Black Pepper Pizza	锡纸鱿鱼须	Baked Squid	芝士焗番茄	Cheese Baked Tomato	洋葱圈	Onion Ring
生炒牛肉饭	Beef Fried Rice	咖喱鸡肉炒饭	Chicken Curry Fried Rice	肉酱意粉	Spaghtti	凤梨炒饭	Pear Fried Rice
海鲜通心粉	Seafood Macaroni	茄汁烩意粉	Spaghetti	日式青瓜条	Japanese Cucumber	三丝炒面	Fried Noodles
蔬菜沙拉	Vegetable Salad	水果沙拉	Fruit Salad	蔬菜沙拉	Vegetable Salad	水果沙拉	Fruit Salad
西瓜汁	Watermelon Juice	哈密瓜汁	Canteloupe Juice	柠檬蜜汁	Lemon Juice	西瓜汁	Watermelon Juice
牛奶	Milk	牛奶	Milk	牛奶	Milk	牛奶	Milk
哈密瓜	Canteloupe	西瓜	Watermelon	红提	Grape	哈密瓜	Canteloupe
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
花生莲藕龙骨汤	Chinese Soup	海带黄豆龙骨汤	Chinese Soup	紫菜蛋花汤	Chinese Soup	红萝卜玉米龙骨汤	Chinese Soup
石斛麦冬龙骨汤	Chinese Soup	花旗参老鸡汤	Chinese Soup	无花果炖龙骨汤	Chinese Soup	茶树菇龙骨汤	Chinese Soup
红枣蒸鸡	Steamed Chicken	剁椒福寿鱼	Spicy Fish	豉汁排骨	Salty Steamed Ribs	京都排骨	Steamed Ribs
可乐栗子排骨	Flavored Ribs	虾仁炒蚕豆	Shrimp and Pea Stir-fry	蜜汁叉烧	Honey BBQ Pork	美极虾	Salted Shrimp
西红柿炖牛肉	Steamed Tomato and Beef	白切鸡	Steamed Chicken	红萝卜炖牛肉	Stewed Carrot and Beef	回锅肉	Flavored Pork
黑椒鹅脯肉	Black Pepper Duck	蒜香鸡翅	Garlic Chicken Wing	荷兰豆腰果炒虾仁	Shrimp and Vegetable Stir-fry	杏鲍菇炒牛柳	Mushroom and Beef
芹菜肉丝	Celery and Pork	茭白炒肉丝	Vegetable and Pork Stir-fry	腐竹炒肉	Dry Bean Curd and Pork Stir-fry	清炒西兰花	Broccoli Stir-fry
香干炒肉	Bean Curd and Pork Stir-fry	酸豆角炒肉丁	Sour Bean and Pork Stir-fry	鸡汁油豆腐	Flavored Tofu	小瓜炒肉丝	Melon and Pork Stir-fry
清炒青瓜	Cucumber Stir-fry	清炒丝瓜	Melon Stir-fry	清炒蒲瓜	Melon Stir-fry	番茄炒鸡蛋	Tomato and Egg
菜心	Green Vegetable	油麦菜	Green Vegetable	包菜	Green Vegetable	小白菜	Green Vegetable