



## Qilin Cafeteria Menu September 23-27, 2019

### Grades Pre-K through Gr. 2

周一	Monday	周二	Tuesday	周三	Wednesday	周四	Thursday	周五	Friday
白米饭	White Rice	肉酱意粉	Meat Sauce Spaghetti	八宝饭	Flavored Rice	台式香肠炒饭	Sausage Fried Rice	鲜茄意粉	Spaghetti
橙子/西瓜	Orange/Watermelon	无子提子/哈密瓜	Grape/Cantaloupe	火龙果/苹果	Dragonfruit/Apple	无子提子/橙子	Grape/Orange	西瓜/梨	Watermelon/Pear
鸡扒	Chicken Steak	淮山炖肉丁	Stewed Meat	猪扒	Pork Chop	甜玉米蒸肉饼	Steamed Corn and Meatloaf	鸡扒	Chicken Steak
蛋挞	Egg Tart	香煎土豆饼	Pan-fried Potato Biscuit	迷你小蛋糕	Mini Cake	麦乐鸡块	Chicken Nuggets	土豆丝炒牛肉	Potato and Beef
油麦菜	Green Vegetable	清炒西兰花	Broccoli Stir-fry	手撕包菜	Green Vegetable	菜心	Green Vegetable	番茄炒蛋	Tomato and Egg
罗宋汤	Soup	海带黄豆煲龙骨	Chinese Soup	紫菜蛋汤	Chinese Soup	奶油蘑菇汤	Soup	红萝卜玉米龙骨	Chinese Soup

### Grades 3 through Gr. 12

周一	Monday	周二	Tuesday	周三	Wednesday	周四	Thursday	周五	Friday
黑椒牛仔骨	Black Pepper Steak	西冷牛扒	Sirloin Steak	香煎牛扒	Pan-fried Beef Steak	黑椒鸡扒	Black Pepper Chicken	西冷牛扒	Sirloin Steak
香煎鸡扒	Pan-fried Chicken	黑椒烤鸡	Black Pepper Chicken	吉利鸡扒	Pan-fried Chicken Steak	吉利猪扒	Pan-fried Pork Chop	蒜香鸡扒	Garlic Chicken Steak
蛋挞	Egg Tart	腌肉什菜卷	Meat and Vegetable Roll	炸虾片	Shrimp Slice	台湾香肠	Sausage	猪扒汉堡	Pork Chop Burger
南瓜饼	Pumpkin Biscuit	迷你小蛋糕	Mini Cake	墨西哥鸡肉卷	Chicken Burrito	炸鸡块	Fried Chicken	鸡米花	Chicken Nuggets
牛肉披萨	Beef Pizza	公司三明治	Sandwiches	芝士焗番茄	Cheese Baked Tomato	蛋挞	Egg Tart	咖喱鸡肉披萨	Chicken Curry Pizza
蛋炒饭	Egg Fried Rice	咖喱鸡肉炒饭	Chicken Curry Fried Rice	生炒牛肉饭	Beef Fried Rice	海鲜炒饭	Seafood Fried Rice	扬州炒饭	Yangzhou Fried Rice
三丝炒面	Fried Noodles	黑椒牛肉炒意粉	Beef Spaghetti Stir-fry	肉酱意粉	Meat Sauce Spaghetti	干炒牛河	Fried Noodles	茄汁意粉	Spaghetti
水果沙拉	Fruit Salad	蔬菜沙律	Vegetable Salad	水果沙拉	Fruit Salad	蔬菜沙拉	Vegetable Salad	水果沙拉	Fruit Salad
橙汁	Orange Juice	西瓜汁	Watermelon Juice	哈密瓜汁	Cantaloupe Juice	橙汁	Orange Juice	西瓜汁	Watermelon Juice
牛奶	Milk	牛奶	Milk	牛奶	Milk	牛奶	Milk	牛奶	Milk
西瓜/梨	Watermelon/Pear	哈密瓜/苹果	Cantaloupe/Apple	火龙果/橙子	Dragonfruit/Orange	哈密瓜/香蕉	Cantaloupe/Banana	提子/西瓜	Grape/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	海带黄豆煲龙骨	Chinese Soup	紫菜蛋汤	Chinese Soup	奶油蘑菇汤	Chinese Soup	红萝卜玉米龙骨	Chinese Soup
茶树菇炖龙骨	Chinese Soup	无花果雪梨炖龙骨	Chinese Soup	虫草花炖土鸡	Chinese Soup	花旗参炖乌鸡	Chinese Soup	石斛麦冬龙骨	Chinese Soup
豆豉蒸排骨	Steamed Ribs	香菇蒸鸡	Mushroom Chicken	可乐鸡中翅	Coke Chicken Wing	京都排骨	Flavored Ribs	鲜菇牛肉	Mushroom and Beef
海鲜菇炒牛柳	Mushroom and Beef	蜜汁叉烧	Honey BBQ Pork	咕嚕肉	Sweet and Sour Pork	手撕鸡	Shredded Chicken	豆豉蒸排骨	Steamed Ribs
白切鸡	Steamed Chicken	香酥鸡根亦	Crispy Chicken Wing	剁椒福寿鱼	Spicy Fish	三杯鸭	Flavored Duck	豉油鸡	Salty Chicken
黄飞鸿大虾	Flavored Shrimp	虾仁炒蛋	Shrimp Fried Egg	香干回锅肉	Flavored Pork	虫草花蒸瘦肉	Steamed Pork	西芹炒虾仁	Celery and Shrimp Stir-fry
青椒炒回锅肉	Pepper and Pork	青椒炒鸭肠	Pepper and Duck	西芹炒云耳	Vegetable Stir-fry	清炒青瓜	Cucumber Stir-fry	清炒土豆丝	Potato Slice Stir-fry
丝瓜炒肉	Melon and Pork Stir-fry	清炒蒲瓜丝	Melon Stir-fry	西红柿炒蛋	Tomato and Egg	西兰花炒肉	Broccoli and Pork Stir-fry	蒜香鸡根亦	Garlic Chicken Wing
清炒红罗丝	Carrot Stir-fry	杂菇烩	Baked Mushroom	清炒莲藕	Lotus Root Stir-fry	云南小瓜炒肉	Melon and Pork Stir-fry	蒜子焗南瓜	Garlic Pumpkin
油麦菜	Green Vegetable	娃娃菜	Green Vegetable	菜心	Green Vegetable	小白菜	Green Vegetable	生菜	Green Vegetable