

School Lunch Buffet



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>November 4</u>	<u>November 5</u>	<u>November 6</u>	<u>November 7</u>	<u>November 8</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 Chicken with Mushroom & Oyster Sauce 蚝油香菇炒鸡柳	Duck Stew with Potatoes 土豆焖鸭肉	Steamed Fish with Ginger & Spring Onion 姜葱蒸鱼
MAIN WESTERN	Baked Penne with Lamb Ragu 羊肉酱焗尖通粉	Grilled Sole Fish with Lime & Ginger Sauce 烤龙利鱼配青柠姜汁	Beef Chilli (Non-Spicy) 不辣牛肉酱	Stir-fried Pork with Cherry Tomato 炒猪肉配小番茄	Deep-fried Chicken Fillets in Golden Breadcrumbs with Lemon Juice 炸鸡柳配柠檬汁
SIDE CANTONESE	Bean Curd with Oyster Sauce 蚝油支竹	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	Scrambled Eggs with Tomatoes 番茄炒蛋
SIDE WESTERN	Sautéed Vegetables 混合蔬菜 (茄子, 彩椒, 胡萝卜)	Steamed Pumpkin 蒸南瓜	Nachos Chip 玉米片	Baked Eggplant with Cheese 芝士焗茄子	Steamed Spinach 蒸菠菜
SOUP	Pork Bone Soup With White Gourd & Barley 冬瓜薏米筒骨汤	Lotus Root & Pork Bone Soup 莲藕龙骨汤	White Gourd Meatball Soup 冬瓜肉丸汤	Pumpkin Soup 南瓜汤	Corn & Carrot Pork Bone Soup 玉米红萝卜大骨汤
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>November 11</u>	<u>November 12</u>	<u>November 13</u>	<u>November 14</u>	<u>November 15</u>
MAIN CANTONESE	Braised Fish with Tomato 番茄煮鱼块	Stir-fried Pork Slice with Celery & Mu'Er 香芹猪肉炒木耳	Braised Beef with Potatoes 土豆炖牛肉	Stir-fried Duck with Onion 洋葱炒鸭肉	Chicken Curry 咖喱鸡肉
MAIN WESTERN	Spaghetti with Beef Ragù 牛肉酱意粉	Deep-fried Chicken Finger 手指鸡柳	Roasted Fish with BBQ Sauce 烤鱼配烧烤酱	Pork Goulash 蔬菜烩猪肉	Hotdog 热狗包
SIDE CANTONESE	Stir-fried Vegetables with Corn 七彩玉米丁	Braised Tofu with Tomato & Mushroom 番茄金针菇烩豆腐	Garlic Sautéed Broccoli 蒜蓉炒西兰花	Sautéed Shredded Vegetables 清炒脆三丝	Sautéed Chinese Cabbage 清炒奶白菜
SIDE WESTERN	Steamed Zucchini 蒸西葫芦	Bake Baby Potato with Cheese 芝士焗土豆	Stir-fried Green Beans with Garlic 蒜蓉炒青豆	Steamed Cauliflower 蒸菜花	Grilled Bell Peppers 扒彩椒
SOUP	Chinese Yam & Pork Bone Soup 淮山龙骨汤	Kelp & Pork Bone Soup 海带大骨汤	Pork Bone Soup with Dried Vegetables 菜干筒骨汤	Corn Soup 西式玉米汤	Pork Slices Soup with Mixed Mushrooms 杂菌肉片汤
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 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	<u>November 18</u>	<u>November 19</u>	<u>November 20</u>	<u>November 21</u>	<u>November 22</u>
 MAIN CANTONESE	Steamed Chicken with Mushroom 香菇蒸鸡	Char Siu(BBQ Pork) 蜜汁叉烧	Braised Duck with Chinese Chestnut & potato 板栗洋葱焖鸭	Beef Brisket with Bean Curd 牛腩烧腐竹	Staff PL Day
 MAIN WESTERN	Farfalle with Duck Ragu 鸭肉酱蝴蝶意面	Beef Stew with Carrot 胡萝卜烩牛肉	Deep-fried Fish Served with Tartar Sauce 炸鱼配塔塔酱	Stir-fried Shredded Chicken with Vegetables 蔬菜鸡肉丝	
 SIDE CANTONESE	Stir-fried Bean Curd with Celery 芹菜炒香干	Stir-fried Shredded Potato with Bell Peppers 彩椒炒土豆丝	Braised Mushrooms with Oyster Sauce 鲍汁烩杂菌	Sautéed Long Bean with Pickled Olives 榄菜豆角	
 SIDE WESTERN	Corn On The Cob 黄油蒸玉米棒	Steamed Broccoli 蒸西兰花	Stir-fried Zucchini 清炒西葫芦瓜	Baked Cauliflower with Mozzarella Cheese 马苏里拉芝士焗花菜	
 SOUP	Pork Bone Soup with Daikon 白萝卜筒骨汤	Tomato & Egg Soup 番茄蛋花汤	Chicken Soup with Corn & Carrot 玉米胡萝卜鸡汤	Red Beans & Bacon Soup 红豆培根汤	
 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	

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	<u>November 25</u>	<u>November 26</u>	<u>November 27</u>	<u>November 28</u>	<u>November 29</u>
MAIN CANTONESE	Stir-fried Chicken with Fungus 木耳炒鸡肉	Steamed Fish with Light Soy Sauce 酱油蒸鱼	Pork Curry 咖喱猪肉	Beef Brisket with Daikon 牛腩烧白萝卜	Braised Pork with Tofu 红烧肉焖豆腐
MAIN WESTERN	Spaghetti Bolognese 猪肉酱意粉	Grilled Beef with Mushroom 牛肉配蘑菇	Roasted Chicken with Cherry Tomato 烤鸡肉配小番茄	Roasted Duck Pizzaiola 鸭肉配番茄芝士汁	Stir-fried Fish with Lemon Sauce 香煎鱼配柠檬汁
SIDE CANTONESE	Braised White Gourd 红烧冬瓜	Shanghai Green With Oyster Sauce 蚝油上海青	Sautéed Long Bean with Pickled Olives 榄菜豆角	Garlic Shredded Celtuce 蒜蓉莴笋丝	Vegetarian Spring Rolls 素食春卷
SIDE WESTERN	Buttered Spinach 黄油菠菜	Grilled Bell Peppers 扒彩椒	Stir-fried Cabbage 炒包菜	Steamed Pumpkin 蒸南瓜	Zucchini Gratin 芝士焗西葫芦
SOUP	Chinese Yam & Pork Bone Soup 淮山龙骨汤	Chicken Soup with Chestnut 板栗鸡汤	Lotus Root & Pork Bone Soup 莲藕筒骨汤	Corn Soup 西式玉米汤	Pork Slices Soup with Mixed Mushrooms 杂菌肉片汤
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
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