

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>December 2</u>	<u>December 3</u>	<u>December 4</u>	<u>December 5</u>	<u>December 6</u>
MAIN CANTONESE	Sweet & Sour Pork with Pineapple 菠萝咕嚕肉	Steamed Chicken with Mu'er & Mushroom 木耳香菇蒸鸡	Braised Pork with Tofu 豆腐红烧肉	Beef Brisket with Bean Curd 牛腩烧腐竹	Steamed Fish with Light Soy Sauce 酱油蒸鱼
MAIN WESTERN	Baked Penne with Lamb Ragu 羊肉酱焗尖通粉	Mexican Roasted Beef with Gravy Sauce 墨西哥烤牛肉配自制肉汁	Deep-fried Fish Served with Tartare Sauce 炸鱼配塔塔酱	Farfalle with Duck Ragu 鸭肉酱蝴蝶意面	Hotdog 热狗包
SIDE CANTONESE	Braised Tofu with Tomato & Mushroom 番茄金针菇烩豆腐	Stir-fried Diced Vegetables 香炒七彩丁 (玉米丁, 胡萝卜, 莴笋)	Home-made Marinated Egg 卤蛋	Stir-fried Long Beans with Preserved Vegetable 榄菜豆角	Scrambled Eggs with Tomatoes 番茄炒蛋
SIDE WESTERN	Garlic Broccoli 蒜香西兰花	Roasted Potatoes 烤土豆	Buttered Spinach 黄油菠菜	Grilled Bell Peppers 扒彩椒	Stir-fried Green Beans with Garlic 蒜蓉炒青豆
SOUP	White Gourd & Seaweed Pork Ribs Soup 冬瓜排骨海带汤	Agrocybe Cylindracea & Lean Meat Soup 茶树菇瘦肉汤	Carrot & Corn Bone Soup 红萝卜玉米大骨汤	Borsch Soup 罗宋汤	Chicken & Mushroom Soup 香菇鸡汤
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>December 9</u>	<u>December 10</u>	<u>December 11</u>	<u>December 12</u>	<u>December 13</u>
 MAIN CANTONESE	Steamed Chicken with Mushroom 香菇蒸滑鸡	Steamed Eggs with Shrimps 虾仁蒸蛋	Stir-fried Duck with Bell Peppers 五彩炒鸭肉	Pulled Pork with BBQ Sauce 手撕猪肉配烧烤酱	
 MAIN WESTERN	Spaghetti Bolognese 猪肉酱意粉	Beef Chilli (Non-Spicy) 不辣牛肉酱	Curry Fish Balls 咖喱鱼蛋	Christmas Turkey with Stuffing 圣诞火鸡配火鸡填料	
 SIDE CANTONESE	Sautéed Shredded Vegetables 清炒脆三丝	Stir-fried Eggplants & Long Beans 茄子豆角	Braised Mushrooms with Oyster Sauce 鲍汁烩杂菌	Scrambled Eggs with Tomatoes 番茄炒蛋	
 SIDE WESTERN	Stir-fried Cabbage 清炒包菜	Nacho Chips 玉米片	Sautéed Cauliflower 清炒菜花	Roasted Potatoes 烤土豆	
 SOUP	Kelp & Pork Bone Soup 海带大骨汤	White Gourd Meatball Soup 冬瓜肉丸汤	Chicken Soup with Daikon 白萝卜老鸡汤	Corn Soup 西式玉米汤	
 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	Christmas Pudding 圣诞布丁	