

# 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                   | January 6                                  | January 7                                 | January 8  | January 9  | January 10                           |
| <b>MAIN CANTONESE</b>  | Braised Beef with Daikon<br>萝卜炖牛腩          | Steamed Fish with Light Soy Sauce<br>酱油蒸鱼 | Chicken with Mushroom & Oyster Sauce<br>蚝油香菇焖鸡             | Braised Duck with carrot<br>胡萝卜焖鸭肉               | Char Siu(BBQ Pork)<br>蜜汁叉烧           |
| <b>MAIN WESTERN</b>    | Spaghetti Duck Ragu<br>鸭肉酱意粉               | Pork Goulash<br>蔬菜烩猪肉                     | Beef Chilli (Non-Spicy)<br>不辣牛肉酱                           | Penne with Sole Fish & Tomato Sauce<br>龙利鱼番茄酱通心粉 | Chicken Hotdog<br>鸡肉热狗               |
| <b>SIDE CANTONESE</b>  | Stir-fried Chinese Yam with Mu'Er<br>淮山炒木耳 | Scrambled Eggs with Tomatoes<br>番茄炒蛋      | Stir-fried Long Beans with Pickled Olive Vegetable<br>榄菜豆角 | Sautéed Baby Cabbage<br>蒜蓉娃娃菜                    | Braised Tofu in Brown Sauce<br>红烧豆腐  |
| <b>SIDE WESTERN</b>    | Buttered Spinach<br>黄油菠菜                   | Sautéed Zucchini<br>清炒西葫芦瓜                | Golden Corn Niblet<br>黄金玉米粒                                | Grilled Bell Peppers<br>扒彩椒                      | Steamed Broccoli<br>蒸西兰花             |
| <b>SOUP</b>            | White Gourd with Meatball Soup<br>冬瓜肉丸汤    | Chinese Yam & Pork Bone Soup<br>淮山龙骨汤     | Pork Bone Soup with Daikon<br>白萝卜筒骨汤                       | Red Beans & Bacon Soup<br>红豆培根汤                  | Tomato & Egg Soup<br>番茄蛋花汤           |
| <b>RICE</b>            | Steamed Rice with Oats<br>燕麦饭              | Steamed Rice<br>白米饭                       | Steamed Rice with Sweet Potatoes<br>红薯饭                    | Steamed Rice<br>白米饭                              | Steamed Rice with Purple Rice<br>紫米饭 |
| <b>DESSERT / FRUIT</b> | Fruit<br>水果                                | Cake<br>蛋糕                                | Fruit<br>水果  | Cake<br>蛋糕                                       | Fruit<br>水果                          |

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| WEEK 2                 | MONDAY   | TUESDAY   | WEDNESDAY                                     | THURSDAY   | FRIDAY   |
|------------------------|--|---|---|--|--|
| DATE                   | January 13   | January 14                                      | January 15                                    | January 16   | January 17   |
| <b>MAIN CANTONESE</b>  | Steamed Chicken with Mushroom<br>香菇蒸鸡                      | Fish Finger<br>手指鱼                              | Chicken Teriyaki<br>日式鸡肉                      | Beef Curry<br>咖喱牛肉   | Braised Pork with Chinese Yam<br>淮山焖猪肉   |
| <b>MAIN WESTERN</b>    | Baked Pasta with Crispy Bacon<br>香脆烟肉焗意面                   | Braised Beef with Potatoes<br>土豆炖牛肉             | Stir-fried Pork with Cherry Tomato<br>炒猪肉配小番茄 | Roasted Sole Fish with Sweet & Sour Sauce<br>烤龙利鱼配酸甜酱                        | Deep-fried Chicken Fillets in Golden Breadcrumbs with Mustard Sauce<br>酥炸鸡柳配黄芥末酱 |
| <b>SIDE CANTONESE</b>  | Braised Tofu with Tomato & Mushroom<br>番茄金针菇烩豆腐            | Stir-fried Zucchini<br>清炒小南瓜                    | Garlic Shredded Celtuce<br>香蒜炒莴笋丝             | Sautéed Jicama<br>脆炒沙葛   | Stir-fried Diced Veggies<br>炒蔬菜丁<br>(莴笋、胡萝卜、玉米)                                  |
| <b>SIDE WESTERN</b>    | Zucchini Gratin with Mozzarella & Golden Bread<br>面包奶油焗西葫芦 | Steamed Green Long Bean<br>蒸长豆角                 | Grilled Pumpkin<br>烤南瓜                        | Sicilian Caponata<br>西西里烤蔬菜<br>(Zucchini, Bell Peppers, Onion, Tomato Sauce) | Baked Mushrooms with Garlic<br>蒜蓉烤蘑菇   |
| <b>SOUP</b>            | Chicken Soup with Daikon<br>白萝卜老鸡汤                         | Agrocybe Cylindracea & Lean Meat Soup<br>茶树菇瘦肉汤 | Corn & Carrot Pork Bone Soup<br>玉米红萝卜大骨汤      | Corn Soup<br>西式玉米汤   | Kelp & Pork Bone Soup<br>海带大骨汤   |
| <b>RICE</b>            | Steamed Rice with Oats<br>燕麦饭                              | Steamed Rice<br>白米饭                             | Steamed Rice with Sweet Potatoes<br>红薯饭       | Steamed Rice<br>白米饭  | Steamed Rice with Purple Rice<br>紫米饭   |
| <b>DESSERT / FRUIT</b> | Fruit<br>水果  | Cake<br>蛋糕                                      | Fruit<br>水果                                   | Cake<br>蛋糕   | Fruit<br>水果  |

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| WEEK 3  | MONDAY  | TUESDAY                             | WEDNESDAY  | THURSDAY                                     | FRIDAY                                |
|---|---|-------------------------------------|--|--|---------------------------------------|
| DATE  | January 20  | January 21                          | January 22   | January 23                                   | January 24                            |
|  <b>MAIN CANTONESE</b>    | Steamed Fish<br>With Light Soy Sauce<br>酱油蒸鱼                    | Baked Chicken<br>照烧鸡肉               | Stir-fried Slice Pork with<br>Mu'er & Chinese Yam<br>淮山木耳炒肉片 | Braised Beef Brisket<br>with Tomato<br>番茄焖牛肉 |                                       |
|  <b>MAIN WESTERN</b>      | Spaghetti Bolognese<br>牛肉酱意粉                                    | Roasted Turkey with Gravy<br>烤火鸡配肉汁 | Steamed Sole Fish<br>with Tomato Sauce<br>蒸龙利鱼配番茄酱           | Farfalle with Pork Ragu<br>猪肉酱蝴蝶面            |                                       |
|  <b>SIDE CANTONESE</b>    | Stir-fried Diced Lotus Roots<br>with Carrot & Peas<br>胡萝卜豌豆炒莲藕丁 | Sautéed Shredded Celtuce<br>清炒莴笋丝   | Garlic Choy Sum<br>蒜蓉菜心                                      | Vegetarian Spring Rolls<br>素食春卷              | <b>Chinese New Year Holiday</b><br>春节 |
|  <b>SIDE WESTERN</b>    | Buttered Spinach<br>黄油菠菜  | Golden Corn Niblet<br>黄金玉米粒         | Steamed Pumpkin<br>蒸南瓜                                       | Grilled Bell Peppers<br>扒彩椒                  |                                       |
|  <b>SOUP</b>            | Chinese Yam<br>& Pork Bone Soup<br>淮山龙骨汤                        | Tomato & Egg Soup<br>番茄蛋花汤          | Chicken Soup<br>with Chestnut<br>板栗鸡汤                        | Pumpkin Soup<br>南瓜汤                          |                                       |
|  <b>RICE</b>            | Steamed Rice with Oats<br>燕麦饭                                   | Steamed Rice<br>白米饭                 | Steamed Rice<br>with Purple Rice<br>紫米饭                      | Steamed Rice<br>白米饭                          |                                       |
|  <b>DESSERT / FRUIT</b> | Fruit<br>水果   | Cake<br>蛋糕                          | Fruit<br>水果  | Cake<br>蛋糕                                   |                                       |