

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 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	April 12	April 13	April 14	April 15	April 16
MAIN CANTONESE	Stir-fried Pork Slice with Snow Peas & Carrot 荷兰豆胡萝卜炒肉片	Steamed Eggs with Pork Mince & Mushroom 香菇肉末蒸水蛋	Braised Meatball with Potatoes 土豆烧肉丸	Braised Chicken with Mushroom 冬菇焖鸡	Beef Brisket Stew with Daikon 白萝卜炖牛肉
MAIN WESTERN	Pasta with Sausage 香肠烩意粉	Irish Braised Beef 爱尔兰炖牛肉	Roasted Chicken Leg with Sesame 芝麻鸡翅根	Pork Schnitzel with Sweet & Sour Sauce 炸猪排配酸甜汁	Stir-fried Shrimps with Mixed Vegetables 杂蔬丁炒虾仁
SIDE CANTONESE	Garlic Shanghai Green 蒜蓉上海青	Stir fried leafy vegetables 炒油麦菜	Sautéed Diced Vegetables 炒蔬菜丁	Garlic Chinese Cabbage 蒜蓉小白菜	Scalded Choy Sum 白灼白菜苔
SIDE WESTERN	Roasted Pumpkin 烤南瓜	Sauteed Long Bean 炒豆角	Chicken Broth Spinach 鸡汁菠菜	Bolied Bean Sprout 水煮绿豆芽	Hash Brown 炸薯饼
SOUP	Kelp & Pork Bone Soup 海带大骨汤	Lotus Root & Pork Bone Soup 莲藕大骨汤	Mushroom & Chicken Soup 茶树菇鸡汤	Pumpkin Soup 南瓜汤	Leaf Mustard & Pork Bone Soup 芥菜大骨汤
RICE	Steamed Rice 白米饭	Steamed Mixed Grains Rice 杂粮饭	Steamed Rice 白米饭	Steamed Mixed Grains Rice 杂粮饭	Steamed Rice 白米饭
DESSERT / FRUIT	Fruit 水果	Cake 蛋糕	Fruit 水果	Cake 蛋糕	Fruit 水果