

School Lunch Buffet

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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 4

DATE

MAIN
CANTONESE



MAIN
WESTERN



SIDE
CANTONESE



SIDE
WESTERN



SOUP



RICE



Afternoon
Tea



MONDAY

May 23

Chicken Stewed with
Mushroom & Edamame Beans
香菇毛豆烧鸡

Spaghetti with Beef Ragu
牛肉酱意粉

Fried Chinese Cabbage
清炒毛白菜

Sautéed Shredded lettuce
清炒莴笋丝

Sweet Potato Soup
番薯汤

Steamed Rice
白米饭

Yogurt+Dim sum/cake
酸奶+点心 / 蛋糕

TUESDAY

May 24

Pork Stew with Wax Melon
冬瓜炖猪肉

Crispy Chicken Cutlets
香酥鸡排

Braised Tofu
红烧豆腐

Fried Jar Beans
清炒豆角

Eggs & Tomatoes Soup
番茄鸡蛋汤

Steamed Mixed Grains Rice
杂粮饭

Yogurt+Dim sum/cake
酸奶+点心 / 蛋糕

WEDNESDAY

May 25

Cooked Beef with Onions
洋葱炒牛肉

Marinated Quail Eggs
卤鹌鹑蛋

Scalded Choy Sum
白灼菜心

Sautéed Shredded Carrots
清炒胡萝卜丝

White Fungus and Pear Soup
银耳雪梨汤

Steamed Rice
白米饭

Yogurt+Dim sum/cake
酸奶+点心 / 蛋糕

THURSDAY

May 26

Shrimp with Vegetables
七彩虾仁

Pan-fried Pork Neck with
Black Pepper Sauce
猪颈肉配黑椒汁

Sautéed Shanghai Green
清炒上海青

Boiled Corn
水煮玉米棒

Red Beans Soup
红豆汤

Steamed Mixed Grains Rice
杂粮饭

Yogurt+Dim sum/cake
酸奶+点心 / 蛋糕

FRIDAY

May 27

Teriyaki Chicken
日式照烧鸡

Hot Gog
热狗包

Sautéed Chinese Cabbage
清炒水白菜

Scrambled Eggs with
Tomatoes
番茄炒蛋

Waxguard & Pork Bone Soup
冬瓜猪骨汤

Eggs & Spring Onion Fried
Rice
葱蛋炒饭

Yogurt+Dim sum/cake
酸奶+点心 / 蛋糕