


# School Lunch Buffet



The Menu is designed by the Nutritionist , maybe changed anyway此菜单经公司营养师设计，出品可能有调整。

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	March 20	March 21	March 22	March 23	March 24
 <b>MAIN CANTONESE</b>	Crispy chicken steak 香脆鸡扒	Braised beef brisket and potatoes 红烧牛腩土豆	Sweet and sour pork 广式咕嚕肉	honey chicken wing 蜜汁鸡翅	Braised pork ribs and corn 红烧排骨玉米
 <b>MAIN WESTERN</b>	Spaghetti bolognese 肉酱意粉	Dragonfish in lime sauce 西柠汁龙利鱼	Braised chicken with potato sauce 烧汁土豆烩鸡	Chili shrimp in Golden Garlic cream 金蒜奶油彩椒虾仁	Stewed sausage with bean sauce 茄汁豆烩肠仔
 <b>SIDE CANTONESE</b>	Garlic shanghai cabbage 蒜蓉上海青	Stir-fried Chinese cabbage 清炒大白菜	Stir-fried cabbage 清炒毛白菜	Fried cabbage with carrots 胡萝卜炒包菜	Butter broccoli 黄油西兰花
 <b>SIDE WESTERN</b>	Butter corn 黄油玉米	Baked red beans in tomato sauce 茄汁焗红豆	French Fries 炸薯条	Braised eggplant 烧汁茄子	Golden Sweet Potato pills 黄金地瓜丸
 <b>SOUP</b>	Old chicken mushroom soup 老鸡茶树菇汤	Corn and carrot keel soup 玉米胡萝卜龙骨汤	sweet mung bean soup 绿豆汤	Winter melon and Pearl Seed bone soup 冬瓜薏米骨头汤	Tomato and Egg Soup 番茄蛋花汤
 <b>RICE</b>	Steamed Rice 白米饭	oatmeal rice 燕麦饭	Steamed Rice 白米饭	Fried rice with mixed vegetables and eggs 杂蔬蛋炒饭	Steamed Rice 白米饭
 <b>Afternoon Tea</b>					