

School Lunch Buffet

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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

DATE

MAIN
CANTONESE



MAIN
WESTERN



SIDE
CANTONESE



SIDE
WESTERN



SOUP



RICE



Afternoon Tea



MONDAY

March 20

Crispy chicken steak
香脆鸡扒

Spaghetti bolognese
肉酱意粉

Garlic shanghai cabbage
蒜蓉上海青

Butter corn
黄油玉米

Chicken mushroom soup
老鸡茶树菇汤

Steamed Rice
白米饭

Dim sum/cake
点心 /蛋糕

TUESDAY

March 21

Braised beef brisket and
potatoes
红烧牛腩土豆

Dragonfish in lime sauce
西柠汁龙利鱼

Stir-fried Chinese cabbage
清炒大白菜

Baked red beans in tomato
sauce
茄汁焗红豆

Corn and carrot keel soup
玉米胡萝卜龙骨汤

oatmeal rice
燕麦饭

Dim sum/cake
点心 /蛋糕

WEDNESDAY

March 22

Shredded meat in Beijing
sauce
京酱肉丝

Braised chicken with potato
sauce
烧汁土豆烩鸡

Stir-fried cabbage
清炒毛白菜

French Fries
炸薯条

sweet mung bean soup
绿豆汤

Steamed Rice
白米饭

Dim sum/cake
点心 /蛋糕

THURSDAY

March 23

honey chicken wing
蜜汁鸡翅

Chili shrimp in Garlic cream
金蒜奶油彩椒虾仁

Fried cabbage with carrots
胡萝卜炒包菜

Braised eggplant
烧汁茄子

Winter melon and Pearl
Seed bone soup
冬瓜薏米骨头汤

Fried rice with mixed
vegetables and eggs
杂蔬蛋炒饭

Dim sum/cake
点心 /蛋糕

FRIDAY

March 24

Braised pork ribs and corn
红烧排骨玉米

Stewed sausage with bean
sauce
茄汁豆烩肠仔

Butter broccoli
黄油西兰花

Sweet Potato pills
黄金地瓜丸

Tomato and Egg Soup
番茄蛋花汤

Steamed Rice
白米饭

Dim sum/cake
点心 /蛋糕