





9月15日-9月19日1-2年级菜单

G1 to G2 menu of Sep15th-Sep19th

| | 周一 Monday | 周二 Tuesday | 周三 Wednesday | 周四 Thursday | 周五 Friday |
|--|--|---|--------------------------------------|---|--|
| 上午点  Morning snack | 甜甜圈 Doughnut | 桂花糕 Osmanthus cake | 牛角包 Croissant | 小烧麦 Shumai | 小餐包 Round bread |
|  套餐 Set menu | 虾仁滑蛋 Fried shirmp and egg | 泰式咖喱鸡排饭 Curry rice with fried chicken chop | 糖醋溜肉段 Sweet and sour pork | 肉酱意大利两头尖 Spaghetti with meat sauce | 咖喱牛腩 Curried beef |
| | 百叶结烧肉 Braised pork with dried tofu | | 糯米蒸肉圆 Steamed meatballs with rice | 烤鸭腿 Roasted duck leg | 肉末蒸蛋 Steamed eggs with meat |
| | 香菇青菜 Green vegetables with mushroom | | 葱油萝卜丝 Fried shredded turnip | 青椒土豆肉片 Fried green pepper and potato with meat | 白菜炒素 Cabbage with gluten and carrot |
| | 米饭 Rice | | 米饭 Rice | 西兰花 Broccoli | 米饭 Rice |
| | | | | 锅巴土豆 Baked potato | |
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| 汤  Soup | 豆腐蛋花汤 Tofu and egg soup | 冬瓜蛋汤 White gourd and egg soup | 番茄蛋汤 Tomatoes and eggs soup | 菌菇肉丝汤 Mushroom and meat soup | 罗宋汤 Borsch |
|  水果 Fruit | 水果 Fruit | 水果 Fruit | 水果 Fruit | 水果 Fruit | 水果 Fruit |
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9月15日-9月19日3-5年级菜单

G3to G5 menu of Sep15th-Sep19th

| | 周一 Monday | 周二 Tuesday | 周三 Wednesday | 周四 Thursday | 周五 Friday |
|--|---|---|---|---|---|
| 上午点 Morning snack  | 甜甜圈 Doughnut | 桂花糕 Osmanthus cake | 牛角包 Croissant | 小烧麦 Shumai | 小餐包 Round bread |
| 中餐套餐 Chinese Food Set menu  | 红烧大肉 | 咖喱土豆鸡块 | 番茄土豆炖牛腩 | 彩椒虾仁 | 红烧狮子头 |
| | Braised pork | Curried chicken with potato | Braised beef with potato and tomato | Stir-fried Shrimp with assorted vegetables | Stewed pork ball in brown sauce |
| | 芹菜肉末粉丝 | 蚝油双菇肉片 | 麻婆豆腐 | 鱼香茄子 | 西芹腐竹炒肉丝 |
| | Fried pork with bean vermicelli and celery | Fried pork with two kinds of mushroom | stewed beancurd with minced pork | Yu-Shiang Eggplant | Fried stem lettuce with dried bean and pork |
| | 莴笋胡萝卜炒肉片 | 番茄炒蛋 | 青椒甜椒肉丝 | 干锅有机花菜 | 上海炒酱 |
| | Fried stem lettuce with carrot | Fried eggs with tomatoes | Fried sweet pepper with pork | Cauliflower with pork | Fried dry tofu and wild rice shoots with pork |
| | 香菇青菜 | 青椒土豆丝 | 葱油黄瓜 | 三色绿豆芽 | 白菜炒素 |
| | Green vegetables with mushroom | Fried green pepper and potato | Cucumber | Fried green bean sprout and green pepper | Cabbage with gluten and carrot |
| | 米饭 Rice | 米饭 Rice | 米饭 Rice | 米饭 Rice | 米饭 Rice |
| 面条 Noodles  | 红烧大排面 | 麻辣肉丝面 | 菌菇牛肉面 | 红烧肉圆面 | 本帮酱鸭面 |
| | Pork Chop with soy sauce noodles | Spicy shredded pork noodles | Beef with mushroom noodles | Stewed pork ball in brown sauce noodles | Braised duck in sauce noodles |
| 特色餐 Weekly Special  | 炒刀削面 | 炒刀削面 | 炒刀削面 | 炒刀削面 | 炒刀削面 |
| | Fried noodles with tomatoes and shredded meat | Fried noodles with tomatoes and shredded meat | Fried noodles with tomatoes and shredded meat | Fried noodles with tomatoes and shredded meat | Fried noodles with tomatoes and shredded meat |

9月15日-9月19日3-5年级菜单

G3to G5 menu of Sep15th-Sep19th

| | 周一 Monday | 周二 Tuesday | 周三 Wednesday | 周四 Thursday | 周五 Friday |
|---|--------------------------------|---|------------------------------|--|----------------------------|
| 西餐套餐 western food Set menu  | 肉酱意大利两头尖 | 泰式咖喱鸡排饭 Curry rice with fried chicken chop | 鸡肉汉堡 | 肉酱意大利面 | 台式卤肉饭 Braised pork rice |
| | Spaghetti with meat sauce | | Chicken burger | Spaghetti with meat sauce | |
| | 烤鸭腿 | | 椒盐排条 | 椒盐排条 | |
| | Roasted duck leg | | Salt and pepper ribs | Salt and pepper ribs | |
| | 金玉满堂 | | 双椒炒肉片 | 蚝油双菇肉片 | |
| | Corn niblets with chicken | | Fried meat with color pepper | Fried pork with two kinds of mushroom | |
| | 香菇青菜 | | 手撕包菜 | 三色绿豆芽 | |
| | Green vegetables with mushroom | | Cabbage | Fried green bean sprout and green pepper | |
| | 烤土豆 | | 薯条 | 狼牙土豆 | |
| | Baked potato | | Fried chips | Baked potato | |
| 汤 Soup  | 豆腐蛋花汤 | 冬瓜蛋汤 | 番茄蛋汤 | 菌菇肉丝汤 | 罗宋汤 |
| | Tofu and egg soup | White gourd and egg soup | Tomatoes and eggs soup | Mushroom and meat soup | Borsch |
| 水果 Fruit  | 水果 | 水果 | 水果 | 水果 | 水果 |
| | Fruit | Fruit | Fruit | Fruit | Fruit |

9月15日-9月19日6-12年级菜单

G6to G12 menu of Sep15th-Sep19th

| | 周一 Monday | 周二 Tuesday | 周三 Wednesday | 周四 Thursday | 周五 Friday |
|---------------------------------------|--|---------------------------------------|-------------------------------------|--|---|
| 1. 中餐1 1Chinese Food Set menu 1 | 虾仁滑蛋 | 京酱肉丝 | 糯米蒸肉圆 | 烤鸭腿 | 肉末蒸蛋 |
| | Fried shrimp and egg | Pork with Bean Sauce | Steamed meatballs with rice | Roasted duck leg | Steamed eggs with meat |
| | 莴笋胡萝卜炒肉片 | 蚝油双菇肉片 | 青椒甜椒肉丝 | 干锅有机花菜 | 上海炒酱 |
| | Fried stem lettuce with carrot | Fried pork with two kinds of mushroom | Fried sweet pepper with pork | Cauliflower with pork | Fried dry tofu and wild rice shoots with pork |
| | 香菇青菜 | 青椒土豆丝 | 葱油萝卜丝 | 三色绿豆芽 | 白菜炒素 |
| | Green vegetables with mushroom | Fried green pepper and potato | Fried shredded turnip | Fried green bean sprout and green pepper | Cabbage with gluten and carrot |
| | 米饭 | 米饭 | 米饭 | 米饭 | 米饭 |
| | Rice | Rice | Rice | Rice | Rice |
| 2. 中餐2 Chinese Food Set menu 2 | 红烧牛肉 | 咖喱土豆鸡块 | 番茄土豆炖牛腩 | 彩椒虾仁 | 红烧狮子头 |
| | Braised pork | Curried chicken with potato | Braised beef with potato and tomato | Stir-fried Shrimp with assorted vegetables | Stewed pork ball in brown sauce |
| | 芹菜肉末粉丝 | 蚝油双菇肉片 | 麻婆豆腐 | 鱼香茄子 | 西芹腐竹炒肉丝 |
| | Fried pork with bean vermicelli and celery | Fried pork with two kinds of mushroom | stewed beancurd with minced pork | Yu-Shiang Eggplant | Fried stem lettuce with dried bean and pork |
| | 莴笋胡萝卜炒肉片 | 番茄炒蛋 | 青椒甜椒肉丝 | 干锅有机花菜 | 上海炒酱 |
| | Fried stem lettuce with carrot | Fried eggs with tomatoes | Fried sweet pepper with pork | Cauliflower with pork | Fried dry tofu and wild rice shoots with pork |
| | 香菇青菜 | 青椒土豆丝 | 葱油黄瓜 | 三色绿豆芽 | 白菜炒素 |
| | Green vegetables with mushroom | Fried green pepper and potato | Cucumber | Fried green bean sprout and green pepper | Cabbage with gluten and carrot |
| | 米饭 | 米饭 | 米饭 | 米饭 | 米饭 |
| | Rice | Rice | Rice | Rice | Rice |

9月15日-9月19日6-12年级菜单

G6to G12 menu of Sep15th-Sep19th

| | 周一 Monday | 周二 Tuesday | 周三 Wednesday | 周四 Thursday | 周五 Friday |
|------------------------------------|--|--|-------------------------------------|---|--|
| 3.西餐套餐 Western Food Set menu | 肉酱意大利两头尖 | 泰式咖喱鸡排饭 Curry rice with fried chicken chop | 鸡肉汉堡 | 肉酱意大利面 | 台式卤肉饭 Braised pork rice |
| | Spaghetti with meat sauce | | Chicken burger | Spaghetti with meat sauce | |
| | 烤鸭腿 | | 椒盐排条 | 椒盐排条 | |
| | Roasted duck leg | | Salt and pepper ribs | Salt and pepper ribs | |
| | 金玉满堂 | | 双椒炒肉片 | 蚝油双菇肉片 | |
| | Corn niblets with chicken | | Fried meat with color pepper | Fried pork with two kinds of mushroom | |
| | 香菇青菜 | | 手撕包菜 | 三色绿豆芽 | |
| | Green vegetables with mushroom | | Cabbage | Fried green bean sprout and green pepper | |
| | 烤土豆 | | 薯条 | 狼牙土豆 | |
| | Baked potato | | Fried chips | Baked potato | |
| 4.面条1 Noodles1 | 红烧大排面 | 麻辣肉丝面 | 菌菇牛肉面 | 红烧肉圆面 | 本帮酱鸭面 |
| | Pork Chop with soy sauce noodles | Spicy shredded pork noodles | Beef with mushroom noodles | Stewed pork ball in brown sauce noodles | Braised duck in sauce noodles |
| 5.面条2 Noodle2 | 葱油拌面大排套餐 | 葱油拌面大排套餐 | 葱油拌面大排套餐 | 葱油拌面大排套餐 | 葱油拌面大排套餐 |
| | Scallion Oil Noodles with Pork Chop | Scallion Oil Noodles with Pork Chop | Scallion Oil Noodles with Pork Chop | Scallion Oil Noodles with Pork Chop | Scallion Oil Noodles with Pork Chop |
| 6.抄手 Dumplings | 红油抄手 | 红油抄手 | 红油抄手 | 红油抄手 | 红油抄手 |
| | Dumplings in Spicy Sauce | Dumplings in Spicy Sauce | Dumplings in Spicy Sauce | Dumplings in Spicy Sauce | Dumplings in Spicy Sauce |

9月15日-9月19日6-12年级菜单

G6to G12 menu of Sep15th-Sep19th

| | 周一 Monday | 周二 Tuesday | 周三 Wednesday | 周四 Thursday | 周五 Friday |
|---------------------------|--|--|--|--|--|
| 7.特色餐2 Weekly Special2 | 鸡肉汉堡 Chicken burger | 鸡肉汉堡 Chicken burger | 鸡肉汉堡 Chicken burger | 鸡肉汉堡 Chicken burger | 鸡肉汉堡 Chicken burger |
| 8.特色餐3 Weekly Special3 | 干锅千页豆腐 Dried bean curd pot | 干锅千页豆腐 Dried bean curd pot | 干锅千页豆腐 Dried bean curd pot | 干锅千页豆腐 Dried bean curd pot | 干锅千页豆腐 Dried bean curd pot |
| 9.特色餐4 Weekly Special4 | 京酱肉丝盖浇饭 Sweet Bean Sauce Pork over Rice | 京酱肉丝盖浇饭 Sweet Bean Sauce Pork over Rice | 京酱肉丝盖浇饭 Sweet Bean Sauce Pork over Rice | 京酱肉丝盖浇饭 Sweet Bean Sauce Pork over Rice | 京酱肉丝盖浇饭 Sweet Bean Sauce Pork over Rice |
| Soup | 豆腐蛋花汤 Tofu and egg soup | 冬瓜蛋汤 White gourd and egg soup | 番茄蛋汤 Tomatoes and eggs soup | 菌菇肉丝汤 Mushroom and meat soup | 罗宋汤 Borsch |
| | | | | | |
| Fruit | 水果 Fruit | 水果 Fruit | 水果 Fruit | 水果 Fruit | 水果 Fruit |
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