10月13日-10月17日1-2年级菜单
G1 to G2 menu of Oct13th-Oct17th

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
上午点 Morning snack	马拉糕 Cantonese sponge cake	黑米糕 Black rice cake	牛角包 Croissant	甜甜圈 Doughnut	小餐包 Round bread
套餐 Set menu	元宝烧肉 Quail egg and meat ball with soy sauce	照烧鸡排汉堡 Teriyaki Chicken Burger	红烧肉圆 Stewed pork ball in brown sauce	肉酱意大利两头尖 Spaghetti with meat sauce	肉末蒸蛋 Steamed eggs with meat
	软炸龙利鱼 Fried longli fish	烤鸡腿 Roasted chicken leg	番茄土豆炖牛腩 Braised beef with potato and tomato	烤鸭腿 Roasted duck leg	咖喱毛毛肉 Curried chicken
	香菇青菜 Green vegetables with mushroom	西兰花胡萝卜肉片 Broccoli carrot with meat	葱油萝卜丝 Fried shredded turnip	蚝油双菇肉片 Fried pork with two kinds of mushroom	青椒土豆丝 Fried green pepper and potato
	米饭 Rice	三丝绿豆芽 Fried green bean sprout and green pepper	米饭 Rice	胡萝卜 Steamed carrot	米饭 Rice
		藕合 Fried lotus roof Pie		烤土豆 Baked potato	
汤 Soup	罗宋汤 Borsch	豆腐蛋汤 Tofu and egg soup	菌菇肉丝汤 Mushroom and meat soup	紫菜蛋汤 seaweed and egg soup	番茄蛋汤 Tomatoes and eggs soup
水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit

10月13日-10月17日3-5年级菜单
G3 to G5 menu of Oct13th-Oct17th

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
上午点 Morning snack	马拉糕 Cantonese sponge cake	黑米糕 Black rice cake	牛角包 Croissant	甜甜圈 Doughnut	小餐包 Round bread
中餐套餐 Chinese Food Set menu	红烧大肉 Braised pork	番茄土豆炖牛腩 Braised beef with potato and tomato	百叶结红烧肉 Braised pork with dried tofu	香酥鸭 Roasted duck	粉蒸小排 Steamed pork ribs
	番茄炒蛋 Fried eggs with tomatoes	麻辣豆腐 Spicy tofu	黄瓜木耳炒蛋 Cucumber with wood ear and egg	芹菜肉末粉丝 Fried pork with bean vermicelli and celery	西芹腐竹炒肉丝 Fried stem lettuce with dried bean and pork
	上海炒酱 Fried dry tofu and wild rice shoots with pork	芹菜干丝肉丝 Celery with pork and dry tofu	花菜胡萝卜肉片 Cauliflower with pork and carrot	烂糊肉丝 Cabbage and pork	鱼香茄子 Yu-Shiang Eggplant
	香菇青菜 Green vegetables with mushroom	三丝绿豆芽 Fried green bean sprout and green pepper	葱油萝卜丝 Fried shredded turnip	百叶菜炒素 Cabbage with gluten and carrot	青椒土豆丝 Fried green pepper and potato
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
面条 Noodles	红烧大排面 Pork Chop with soy sauce noodle	本帮酱鸭面 Braised duck in sauce noodle	辣肉面 Spicy meat noodle	红烧大肉面 Braised pork noodle	菌菇牛肉面 Beef with mushroom noodle
特色餐 Weekly Special	番茄肉丁烩面鱼儿 Short noodle with tomato diced meat	番茄肉丁烩面鱼儿 Short noodle with tomato diced meat	番茄肉丁烩面鱼儿 Short noodle with tomato diced meat	番茄肉丁烩面鱼儿 Short noodle with tomato diced meat	番茄肉丁烩面鱼儿 Short noodle with tomato diced meat

10月13日-10月17日3-5年级菜单
G3 to G5 menu of Oct13th-Oct17th

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
西餐套餐 western food Set menu	意大利肉酱面 Spaghetti with meat sauce	台式卤肉饭 Braised pork rice	鸡肉汉堡 Chicken burger	泰式咖喱鸡排饭 Rice with curry fish balls	咖喱肉丝烩乌冬面 Udon noodles with curry pork
	烤鸭腿 Roasted duck leg		鳕鱼排 Roasted codfish		烤鸭腿 Roasted duck leg
	蚝油双菇肉片 Fried pork with two kinds of mushroom		花菜胡萝卜肉片 Cauliflower with pork and carrot		西葫芦炒肉丝 Fried Zucchini with pork
	香菇青菜 Green vegetables with mushroom		三丝绿豆芽 Fried green bean sprout and green pepper		西兰花 Broccoli
	狼牙土豆 Baked potato		烤土豆 Baked potato		薯条 Fried chips
汤 Soup	罗宋汤 Borsch	豆腐蛋汤 Tofu and egg soup	菌菇肉丝汤 Mushroom and meat soup	紫菜蛋汤 seaweed and egg soup	番茄蛋汤 Tomatoes and eggs soup
水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit

10月13日-10月17日6-12年级菜单
G6 to G12 menu of Oct13th-Oct17th

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
1.中餐1 **1Chinese Food** **Set menu 1**	元宝烧肉 Quail egg and meat ball with soy sauce	本帮酱鸭 Braised duck in sauce	红烧肉圆 Stewed pork ball in brown sauce	烤鸭腿 Roasted duck leg	肉末蒸蛋 Steamed eggs with meat
	香菇青菜 Green vegetables with mushroom	芹菜干丝肉丝 Celery with pork and dry tofu	花菜胡萝卜肉片 Cauliflower with pork and carrot	莴笋炒肉片 Fried stem lettuce with pork	西芹腐竹炒肉丝 Fried stem lettuce with dried bean and pork
	上海炒酱 Fried dry tofu and wild rice shoots with pork	三丝绿豆芽 Fried green bean sprout and green pepper	葱油萝卜丝 Fried shredded turnip	白菜菜炒素 Cabbage with gluten and carrot	青椒土豆丝 Fried green pepper and potato
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
2.中餐2 **Chinese Food** **Set menu 2**	红烧大肉 Braised pork	番茄土豆炖牛腩 Braised beef with potato and tomato	百叶结红烧肉 Braised pork with dried tofu	香酥鸭 Roasted duck	粉蒸小排 Steamed pork ribs
	番茄炒蛋 Fried eggs with tomatoes	麻辣豆腐 Spicy tofu	黄瓜木耳炒蛋 Cucumber with wood ear and egg	芹菜肉末粉丝 Fried pork with bean vermicelli and celery	西芹腐竹炒肉丝 Fried stem lettuce with dried bean and pork
	上海炒酱 Fried dry tofu and wild rice shoots with pork	芹菜干丝肉丝 Celery with pork and dry tofu	花菜胡萝卜肉片 Cauliflower with pork and carrot	烂糊肉丝 Cabbage and pork	鱼香茄子 Yu-Shiang Eggplant
	香菇青菜 Green vegetables with mushroom	三丝绿豆芽 Fried green bean sprout and green pepper	葱油萝卜丝 Fried shredded turnip	白菜菜炒素 Cabbage with gluten and carrot	青椒土豆丝 Fried green pepper and potato
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice

10月13日-10月17日6-12年级菜单
G6 to G12 menu of Oct13th-Oct17th

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
3.西餐套餐 western Food Set menu	意大利肉酱面 Spaghetti with meat sauce 烤鸭腿 Roasted duck leg 蚝油双菇肉片 Fried pork with two kinds of mushroom 香菇青菜 Green vegetables with mushroom 狼牙土豆 Baked potato	台式卤肉饭 Braised pork rice	鸡肉汉堡 Chicken burger 鳕鱼排 Roasted codfish 花菜胡萝卜肉片 Cauliflower with pork and carrot 三丝绿豆芽 Fried green bean sprout and green pepper 烤土豆 Baked potato	泰式咖喱鸡排饭 Rice with curry fish balls	咖喱肉丝烩乌冬面 Udon noodles with curry pork 烤鸭腿 Roasted duck leg 西葫芦炒肉丝 Fried Zucchini with pork 西兰花 Broccoli 薯条 Fried chips
4.面条1 Noodles1	红烧大排面 Pork Chop with soy sauce noodle	本帮酱鸭面 Braised duck in sauce noodle	辣肉面 Spicy meat noodle	红烧大肉面 Braised pork noodle	菌菇牛肉面 Beef with mushroom noodle
5面条2 .Noodle2	油泼面 Hot oil noodles	油泼面 Hot oil noodles	油泼面 Hot oil noodles	油泼面 Hot oil noodles	油泼面 Hot oil noodles

10月13日-10月17日6-12年级菜单
G6 to G12 menu of Oct13th-Oct17th

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
6.特色餐2 Weekly Special2	水果披萨 Fruit pizza	水果披萨 Fruit pizza	水果披萨 Fruit pizza	水果披萨 Fruit pizza	水果披萨 Fruit pizza
7.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
8.特色餐4 Weekly Special4	鱼香茄子盖浇饭 Yu-Shiang Eggplant with rice	鱼香茄子盖浇饭 Yu-Shiang Eggplant with rice	鱼香茄子盖浇饭 Yu-Shiang Eggplant with rice	鱼香茄子盖浇饭 Yu-Shiang Eggplant with rice	鱼香茄子盖浇饭 Yu-Shiang Eggplant with rice
汤 Soup	罗宋汤 Borsch	豆腐蛋汤 Tofu and egg soup	菌菇肉丝汤 Mushroom and meat soup	紫菜蛋汤 seaweed and egg soup	番茄蛋汤 Tomatoes and eggs soup
水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit