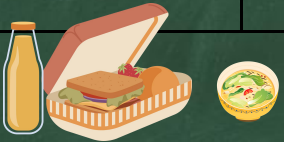


11月24日-11月28日1-2年级菜单

G1 to G2 menu of Nov24th-Nov28th

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
上午点 Morning snack	桂花糕	马拉糕	蔓越莓米糕	黑米糕	小餐包
	osmanthus cake	Cantonese sponge cake	Cranberry rice cake	Black rice cake	Round bread
套餐 Set menu	红烧小肉圆	鸡肉汉堡	番茄土豆炖牛腩	肉酱意大利面	京酱肉丝
	Stewed meat ball in brown sauce	Chicken burger	Braised beef with potato and tomato	Spaghetti with meat sauce	Pork with Bean Sauce
	本帮酱鸭腿	鲳鱼排	鹌鹑蛋烧肉	上校鸡块	咖喱毛毛肉
	Braised duck in sauce	Roasted codfish	Quail egg and pork	Chicken nuggets	Curried chicken
	清炒小青菜	青椒素肠肉片	红烧萝卜	干锅花菜肉片	清炒牛心菜
	Fried green vegetables	Fried dry tofu with meat and green sweet pepper	Fried turnip	Cauliflower with pork	Cabbage
	米饭	手撕包菜	米饭	三丝绿豆芽	米饭
	Rice	Cabbage	Rice	Fried green bean sprout and green pepper	Rice
		薯格		薯条	
		Crisscut poatoes		Fried chips	
汤 Soup	芥菜豆腐羹	紫菜蛋汤	蔬菜蛋花汤	豆腐羹	番茄蛋汤
	Bean curd soup with green vegetabl	seaweed and egg soup	Vegetable egg soup	Tofu soup	Tomatoes and eggs soup
水果 Fruit	水果	水果	水果	水果	水果
	Fruit	Fruit	Fruit	Fruit	Fruit



11月24日-11月28日3-5年级菜单
G3 to G5 menu of Nov24th-Nov28th

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
上午点 Morning snack	桂花糕	马拉糕	蔓越莓米糕	黑米糕	小餐包
	osmanthus cake	Cantonese sponge cake	Cranberry rice cake	Black rice cake	Round bread
中餐套餐 Chinese Food Set menu	红烧大排	南乳红烧肉	本帮酱鸭	百叶结烧肉	咖喱土豆牛腩
	Pork Chop with soy sauce	Pork Chop with soy sauce	Braised duck in sauce	Braised pork with dried tofu	Curry beef with potato
	番茄炒蛋	土豆炒肉片	黄瓜木耳炒蛋	芹菜干丝肉丝	鱼香茄子
	Fried eggs with tomatoes	Fried potato	Cucumber with wood ear and egg	Celery with pork and dry tofu	Yu-Shiang Eggplant
	上海炒酱	麻婆豆腐	肉末粉丝	卷心菜肉丝炒粉丝	花菜炒肉片
	Fried dry tofu and wild rice shoots with pork	stewed beancurd with minced pork	Fried pork with bean vermicelli	Cabbage with bean vermicelli and pork	Cauliflower with pork
	香菇青菜	手撕包菜	三丝绿豆芽	青椒土豆丝	清炒牛心菜
	Green vegetables with mushroom	Cabbage	Fried green bean sprout and green pepper	Fried green pepper and potato	Cabbage
	米饭	米饭	米饭	米饭	米饭
	Rice	Rice	Rice	Rice	Rice
面条 Noodles	红烧大排面	本帮酱鸭面	红烧大肉面	红烧鸡腿面	菌菇牛肉面
	Pork Chop with soy sauce noodles	Braised duck in sauce noodles	Braised pork noodles	Braised chicken leg noodles	Beef with mushroom noodles
特色餐 Weekly Special	番茄肉丁烩面鱼丸	番茄肉丁烩面鱼丸	番茄肉丁烩面鱼丸	番茄肉丁烩面鱼丸	番茄肉丁烩面鱼丸
	Short noodle with tomato diced meat	Short noodle with tomato diced meat	Short noodle with tomato diced meat	Short noodle with tomato diced meat	Short noodle with tomato diced meat

11月24日-11月28日3-5年级菜单
G3 to G5 menu of Nov24th-Nov28th

	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	泰式咖喱鸡排饭 Curry Rice with Fried Chicken	热狗面包	台式卤肉饭 Braised pork rice	红葱酱鸡肉炒饭
	Spaghetti with meat sauce		Hot dog		Fried rice with chicken
	烤鸭腿		鸡米花		烤鸭腿
	Roasted duck leg		popcorn chicken		Roasted duck leg
	干锅花菜		西芹炒肉片		素肠肉片
	Cauliflower with pork		Fried stem lettuce with pork		Fried dry tofu with meat
	香菇青菜		三丝绿豆芽		番茄西葫芦
	Green vegetables with mushroom		Fried green bean sprout and green pepper		Fried tomato and Zucchini
	薯条		狼牙土豆		烤土豆
	Fried chips		Baked potato		Baked potato
汤 Soup	芥菜豆腐羹	紫菜蛋汤	蔬菜蛋花汤	豆腐羹	番茄蛋汤
	Bean curd soup with green vegetable	seaweed and egg soup	Vegetable egg soup	Tofu soup	Tomatoes and eggs soup
水果 Fruit	水果	水果	水果	水果	水果
	Fruit	Fruit	Fruit	Fruit	Fruit



11月24日-11月28日6-12年级菜单

G6 to G12 menu of Nov24th-Nov28th

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
1. 中餐1 1Chinese Food Set menu 1	红烧小肉圆	重庆辣子鸡	烤鸡腿	上校鸡块	咖喱毛芋肉
	Stewed meat ball in brown sauce	Chong Qing spicy chicken	Roasted chicken leg	Chicken nuggets	Curried chicken
	上海炒酱	土豆炒肉片	黄瓜木耳炒蛋	芹菜干丝肉丝	花菜炒肉片
	Fried dry tofu and wild rice shoots with pork	Fried potato	Cucumber with wood ear and egg	Celery with pork and dry tofu	Cauliflower with pork
	香菇青菜	手撕包菜	三丝绿豆芽	青椒土豆丝	清炒牛心菜
	Green vegetables with mushroom	Cabbage	Fried green bean sprout and green pepper	Fried green pepper and potato	Cabbage
	米饭	米饭	米饭	米饭	米饭
	Rice	Rice	Rice	Rice	Rice
2. 中餐2 Chinese Food Set menu 2	红烧九排	南乳红烧肉	本帮酱鸭	百叶结烧肉	咖喱土豆牛腩
	Pork Chop with soy sauce	Pork Chop with soy sauce	Braised duck in sauce	Braised pork with dried tofu	Curry beef with potato
	番茄炒蛋	土豆炒肉片	黄瓜木耳炒蛋	芹菜干丝肉丝	鱼香茄子
	Fried eggs with tomatoes	Fried potato	Cucumber with wood ear and egg	Celery with pork and dry tofu	Yu-Shiang Eggplant
	上海炒酱	麻婆豆腐	肉末粉丝	卷心菜肉丝炒粉丝	花菜炒肉片
	Fried dry tofu and wild rice shoots with pork	stewed beancurd with minced pork	Fried pork with bean vermicelli	Cabbage with bean vermicelli and pork	Cauliflower with pork
	香菇青菜	手撕包菜	三丝绿豆芽	青椒土豆丝	清炒牛心菜
	Green vegetables with mushroom	Cabbage	Fried green bean sprout and green pepper	Fried green pepper and potato	Cabbage
	米饭	米饭	米饭	米饭	米饭
	Rice	Rice	Rice	Rice	Rice

11月24日-11月28日6-12年级菜单
G6 to G12 menu of Nov24th-Nov28th

	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	泰式咖喱鸡排饭 Curry Rice with Fried Chicken	热狗面包	台式卤肉饭 Braised pork rice	红葱酱鸡肉炒饭
	Spaghetti with meat sauce		Hot dog		Fried rice with chicken
	烤鸭腿		鸡米花		烤鸭腿
	Roasted duck leg		popcorn chicken		Roasted duck leg
	干锅花菜		西芹炒肉片		素肠肉片
	Cauliflower with pork		Fried stem lettuce with pork		Fried dry tofu with meat
	香菇青菜		三丝绿豆芽		番茄西葫芦
	Green vegetables with mushroom		Fried green bean sprout and green pepper		Fried tomato and Zucchini
	薯条		狼牙土豆		烤土豆
	Fried chips		Baked potato		Baked potato
4.面条1 Noodles1	红烧大排面	本帮酱鸭面	红烧大肉面	红烧鸡腿面	菌菇牛肉面
	Pork Chop with soy sauce noodles	Braised duck in sauce noodles	Braised pork noodles	Braised chicken leg noodles	Beef with mushroom noodles
5.面条2 Noodle2	五花肉豆角蒸面	五花肉豆角蒸面	五花肉豆角蒸面	五花肉豆角蒸面	五花肉豆角蒸面
	Steamed noodles with beans and pork belly	Steamed noodles with beans and pork belly	Steamed noodles with beans and pork belly	Steamed noodles with beans and pork belly	Steamed noodles with beans and pork belly

11月24日-11月28日6-12年级菜单

G6 to G12 menu of Nov24th-Nov28th

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
6.特色餐 Weekly Special	胡辣汤套餐	胡辣汤套餐	胡辣汤套餐	胡辣汤套餐	胡辣汤套餐
	Spicy Soup	Spicy Soup	Spicy Soup	Spicy Soup	Spicy Soup
7.特色餐 Weekly Special	水果披萨	水果披萨	水果披萨	水果披萨	水果披萨
	Fruit pizza	Fruit pizza	Fruit pizza	Fruit pizza	Fruit pizza
8.特色餐 Weekly Special	干锅小炒鸡	干锅小炒鸡	干锅小炒鸡	干锅小炒鸡	干锅小炒鸡
	Dry pot chicken	Dry pot chicken	Dry pot chicken	Dry pot chicken	Dry pot chicken
9.特色餐 Weekly Special	农家小炒肉盖浇饭	农家小炒肉盖浇饭	农家小炒肉盖浇饭	农家小炒肉盖浇饭	农家小炒肉盖浇饭
	Spicy stir-fried pork with rice	Spicy stir-fried pork with rice	Spicy stir-fried pork with rice	Spicy stir-fried pork with rice	Spicy stir-fried pork with rice
汤 Soup	荠菜豆腐羹	紫菜蛋汤	蔬菜蛋花汤	豆腐羹	番茄蛋汤
	Bean curd soup with green vegetable	seaweed and egg soup	Vegetable egg soup	Tofu soup	Tomatoes and eggs soup
水果 Fruit	水果	水果	水果	水果	水果
	Fruit	Fruit	Fruit	Fruit	Fruit

