

12月15日-12月19日1-2年级菜单
G1 to G2 menu of Dec15th-Dec19th

	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	元宝烧肉	红葱酱鸡肉炒饭	红烧肉圆	肉酱意大利两头尖	肉末蒸蛋
	Quail egg and meat ball with soy sauce	Fried rice with chicken	Stewed pork ball in brown sauce	Spaghetti with meat sauce	Steamed eggs with meat
	软炸龙利鱼	鲳鱼排	咖喱土豆炖牛腩	烤鸭腿	咖喱毛毛肉
	Fried longli fish	Roasted codfish	Curry beef with potato	Roasted duck leg	Curried chicken
	香菇青菜	西兰花胡萝卜肉片	葱油萝卜丝	蚝油双菇肉片	青椒土豆丝
	Green vegetables with mushroom	Broccoli carrot with meat	Fried shredded turnip	Fried pork with two kinds of mushroom	Fried green pepper and potato
	米饭	三丝绿豆芽	米饭	胡萝卜	米饭
	Rice	Fried green bean sprout and green pepper	Rice	Steamed carrot	Rice
		藕合		烤土豆	
		Fried lotus roof Pie		Baked potato	
汤 Soup	罗宋汤	豆腐蛋汤	菌菇肉丝汤	紫菜蛋汤	番茄蛋汤
	Borsch	Tofu and egg soup	Mushroom and meat soup	seaweed and egg soup	Tomatoes and eggs soup
水果 Fruit	水果	水果	水果	水果	水果
	Fruit	Fruit	Fruit	Fruit	Fruit



12月15日-12月19日3-5年级菜单
G3 to G5 menu of Dec15th-Dec19th

	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	红烧大肉	番茄土豆炖牛腩	百叶结红烧肉	香酥鸭	粉蒸小排
	Braised pork	Braised beef with potato and tomato	Braised pork with dried tofu	Roasted duck	Steamed pork ribs
	番茄炒蛋	麻辣豆腐	黄瓜木耳炒蛋	芹菜肉末粉丝	西芹腐竹炒肉丝
	Fried eggs with tomatoes	Spicy tofu	Cucumber with wood ear and egg	Fried pork with bean vermicelli and celery	Fried stem lettuce with dried bean and pork
	上海炒酱	芹菜干丝肉丝	花菜胡萝卜肉片	烂糊肉丝	鱼香茄子
	Fried dry tofu and wild rice shoots with pork	Celery with pork and dry tofu	Cauliflower with pork and carrot	Cabbage and pork	Yu-Shiang Eggplant
	香菇青菜	三丝绿豆芽	葱油萝卜丝	白菜菜炒素	青椒土豆丝
	Green vegetables with mushroom	Fried green bean sprout and green pepper	Fried shredded turnip	Cabbage with gluten and carrot	Fried green pepper and potato
	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	辣肉面	红烧大肉面	菌菇牛肉面
	Pork Chop with soy sauce noodles	Braised duck in sauce noodeles	Spicy meat noodeles	Braised pork noodeles	Beef with mushroom noodeles
特色餐 Weekly Special	照烧鸡肉盖浇饭	照烧鸡肉盖浇饭	照烧鸡肉盖浇饭	照烧鸡肉盖浇饭	照烧鸡肉盖浇饭
	Teriyaki chicken with rice	Teriyaki chicken with rice	Teriyaki chicken with rice	Teriyaki chicken with rice	Teriyaki chicken with rice

12月15日-12月19日3-5年级菜单
G3 to G5 menu of Dec15th-Dec19th

	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	台式卤肉饭 Braised pork rice	鸡肉汉堡	泰式咖喱鸡排饭 Curry Rice with Fried Chicken	咖喱肉丝烩乌冬面
	Spaghetti with meat sauce		Chicken burger		Udon noodles with curry pork
	烤鸭腿		鳕鱼排		烤鸭腿
	Roasted duck leg		Roasted codfish		Roasted duck leg
	蚝油双菇肉片		花菜胡萝卜肉片		西葫芦炒肉丝
	Fried pork with two kinds of mushroom		Cauliflower with pork and carrot		Fried Zucchini with pork
	香菇青菜		三丝绿豆芽		蒸胡萝卜
	Green vegetables with mushroom		Fried green bean sprout and green pepper		Steamed carrot
	银牙土豆		烤土豆		薯条
	Baked potato		Baked potato		Fried chips
汤 Soup	罗宋汤	豆腐蛋汤	菌菇肉丝汤	紫菜蛋汤	番茄蛋汤
	Borsch	Tofu and egg soup	Mushroom and meat soup	seaweed and egg soup	Tomatoes and eggs soup
水果 Fruit	水果	水果	水果	水果	水果
	Fruit	Fruit	Fruit	Fruit	Fruit



12月15日-12月19日6-12年级菜单

G6 to G12 menu of Dec15th-Dec19th

	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	鳕鱼排	红烧肉圆	烤鸭腿	咖喱毛毛肉
	Quail egg and meat ball with soy sauce	Roasted codfish	Stewed pork ball in brown sauce	Roasted duck leg	Curried chicken
	上海炒酱	芹菜干丝肉丝	花菜胡萝卜肉片	莴笋炒肉片	西芹腐竹炒肉丝
	Fried dry tofu and wild rice shoots with pork	Celery with pork and dry tofu	Cauliflower with pork and carrot	Fried stem lettuce with pork	Fried stem lettuce with dried bean and pork
	香菇青菜	三丝绿豆芽	葱油萝卜丝	青椒土豆丝	白菜菜炒素
	Green vegetables with mushroom	Fried green bean sprout and green pepper	Fried shredded turnip	Fried green pepper and potato	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	红烧大肉	番茄土豆炖牛腩	百叶结红烧肉	香酥鸭	粉蒸小排
	Braised pork	Braised beef with potato and tomato	Braised pork with dried tofu	Roasted duck	Steamed pork ribs
	番茄炒蛋	麻辣豆腐	黄瓜木耳炒蛋	芹菜肉末粉丝	西芹腐竹炒肉丝
	Fried eggs with tomatoes	Spicy tofu	Cucumber with wood ear and egg	Fried pork with bean vermicelli and celery	Fried stem lettuce with dried bean and pork
	上海炒酱	芹菜干丝肉丝	花菜胡萝卜肉片	烂糊肉丝	鱼香茄子
	Fried dry tofu and wild rice shoots with pork	Celery with pork and dry tofu	Cauliflower with pork and carrot	Cabbage and pork	Yu-Shiang Eggplant
	香菇青菜	三丝绿豆芽	葱油萝卜丝	白菜菜炒素	青椒土豆丝
	Green vegetables with mushroom	Fried green bean sprout and green pepper	Fried shredded turnip	Cabbage with gluten and carrot	Fried green pepper and potato
	米饭	米饭	米饭	米饭	米饭
	Rice	Rice	Rice	Rice	Rice

12月15日-12月19日6-12年级菜单
G6 to G12 menu of Dec15th-Dec19th

	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	台式卤肉饭 Braised pork rice	鸡肉汉堡	泰式咖喱鸡排饭 Curry Rice with Fried Chicken	咖喱肉丝烩乌冬面
	Spaghetti with meat sauce		Chicken burger		Udon noodles with curry pork
	烤鸭腿		鳕鱼排		烤鸭腿
	Roasted duck leg		Roasted codfish		Roasted duck leg
	蚝油双菇肉片		花菜胡萝卜肉片		西葫芦炒肉丝
	Fried pork with two kinds of mushroom		Cauliflower with pork and carrot		Fried Zucchini with pork
	香菇青菜		三丝绿豆芽		蒸胡萝卜
	Green vegetables with mushroom		Fried green bean sprout and green pepper		Steamed carrot
	焗牙土豆		烤土豆		薯条
	Baked potato		Baked potato		Fried chips
4.面条1 Noodles1	红烧大排面	本帮酱鸭面	辣肉面	红烧大肉面	菌菇牛肉面
	Pork Chop with soy sauce noodles	Braised duck in sauce noodeles	Spicy meat noodeles	Braised pork noodeles	Beef with mushroom noodeles
5.面条2 .Noodle2	黑胡椒鸡肉锅盖面	黑胡椒鸡肉锅盖面	黑胡椒鸡肉锅盖面	黑胡椒鸡肉锅盖面	黑胡椒鸡肉锅盖面
	Black Pepper Chicken Noodles	Black Pepper Chicken Noodles	Black Pepper Chicken Noodles	Black Pepper Chicken Noodles	Black Pepper Chicken Noodles

12月15日-12月19日6-12年级菜单

G6 to G12 menu of Dec15th-Dec19th

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
6.特色餐 Weekly Special	广式炒牛河	广式炒牛河	广式炒牛河	广式炒牛河	广式炒牛河
	Canton beef chow Fun	Canton beef chow Fun	Canton beef chow Fun	Canton beef chow Fun	Canton beef chow Fun
7.特色餐 Weekly Special	墨西哥鸡肉卷	墨西哥鸡肉卷	墨西哥鸡肉卷	墨西哥鸡肉卷	墨西哥鸡肉卷
	Mexican Chicken Roll	Mexican Chicken Roll	Mexican Chicken Roll	Mexican Chicken Roll	Mexican Chicken Roll
8.特色餐 Weekly Special	干锅千页豆腐	干锅千页豆腐	干锅千页豆腐	干锅千页豆腐	干锅千页豆腐
	Dried bean curd pot	Dried bean curd pot	Dried bean curd pot	Dried bean curd pot	Dried bean curd pot
9.特色餐 Weekly Special	韩式拌饭	韩式拌饭	韩式拌饭	韩式拌饭	韩式拌饭
	Korean mixed rice	Korean mixed rice	Korean mixed rice	Korean mixed rice	Korean mixed rice
汤 Soup	罗宋汤	豆腐蛋汤	菌菇肉丝汤	紫菜蛋汤	番茄蛋汤
	Borsch	Tofu and egg soup	Mushroom and meat soup	seaweed and egg soup	Tomatoes and eggs soup
水果 Fruit	水果	水果	水果	水果	水果
	Fruit	Fruit	Fruit	Fruit	Fruit

