



1月4日-1月9日1-2年级菜单
G1 to G2 menu of Jan4th-Jan9th

	周日 Sunday	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
上午点心 Morning snack	绿豆饼	桂花糕	马拉糕	蔓越莓米糕	黑米糕	小餐包
	Green bean cake	osmanthus cake	Cantonese sponge cake	Cranberry rice cake	Black rice cake	Round bread
套餐 Set menu	鹌鹑蛋烧肉	酱爆肉片	照烧鸡排汉堡	百叶结烧肉	肉酱意大利面	番茄土豆烩牛腩
	Quail egg and pork	Diced pork with bean sauce	Teriyaki Chicken Burger	Braised pork with dried tofu	Spaghetti with meat sauce	Braised beef with potato and tomato
	烤鸡腿	红烧小肉圆	西餐鳕鱼排	咖喱毛毛肉	火山石烤肠	京酱肉丝
	Roasted chicken leg	Stewed meat ball in brown sauce	Roasted codfish	Curried chicken	Baked sausage	Pork with Bean Sauce
	杭白菜	青椒土豆丝	青椒素肠肉片	青椒绿豆芽	蚝油双菇肉片	白菜炒素
	Cabbage	Fried green pepper and potato	Fried dry tofu with meat and green sweet pepper	Fried green bean sprout and green pepper	Fried pork with two kinds of mushroom	Cabbage with gluten and carrot
	米饭	米饭	清炒牛心菜	米饭	蒸胡萝卜块	米饭
	Rice	Rice	Cabbage	Rice	Steamed carrot	Rice
			薯条		狼牙土豆	
			Fried chips		Baked potato	
汤 Soup	罗宋汤	紫菜蛋汤	豆腐羹	番茄蛋汤	菌菇肉丝汤	蔬菜蛋花汤
	Borsch	seaweed and egg soup	Tofu soup	Tomatoes and eggs soup	Mushroom and meat soup	Vegetable egg soup
下午点心 Afternoon snack	绿豆饼	桂花糕	马拉糕	蔓越莓米糕	黑米糕	小餐包
	Green bean cake	osmanthus cake	Cantonese sponge cake	Cranberry rice cake	Black rice cake	Round bread

G3 to G5 menu of Jan4th-Jan9th

[illegible]

1月4日-1月9日3-5年级菜单

G3 to G5 menu of Jan4th-Jan9th

	周日 Sunday	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	肉酱意大利两头尖	泰式咖喱鸡排饭套餐 Curry Rice with Fried Chicken	鸡肉汉堡	卤肉饭套餐 Braised pork rice	菌菇肉丝炒乌冬面
	Spaghetti with meat sauce	Spaghetti with meat sauce		Chicken burger		Fried Japanese noodles with mushroom and meat
	西餐烤鸡腿	火山石烤肠		西餐鳕鱼排		西餐烤鸭腿
	Roasted chicken leg	Baked sausage		Roasted codfish		Roasted duck leg
	莴笋木耳肉片	花菜炒肉片		青椒土豆肉片		西葫芦胡萝卜炒肉丝
	Fried stem lettuce with pork and wood ear	Cauliflower with pork		Fried green pepper and potato with meat		Fried Zucchini with carrot and pork
	柿白菜	葱油萝卜丝		清炒牛心菜		水煮胡萝卜
	Cabbage	Fried shredded turnip		Cabbage		Steamed carrot
	狼牙土豆	烤土豆		薯条		薯格
	Baked potato	Baked potato		Fried chips		Crisscut potatoes
汤 Soup	罗宋汤	紫菜蛋汤	豆腐羹	番茄蛋汤	菌菇肉丝汤	蔬菜蛋花汤
	Borsch	seaweed and egg soup	Tofu soup	Tomatoes and eggs soup	Mushroom and meat soup	Vegetable egg soup
下午茶点 Afternoon snack	绿豆饼	桂花糕	马拉糕	蔓越莓米糕	黑米糕	小餐包
	Green bean cake	osmanthus cake	Cantonese sponge cake	Cranberry rice cake	Black rice cake	Round bread



1月4日-1月9日6-12年级菜单

G6 to G12 menu of Jan4th-Jan9th

	周日 Sunday	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
1.中餐1 Chinese Food Set menu 1	鹌鹑蛋烧肉	红烧小肉圆	西餐鳕鱼排	咖喱毛毛肉	火山石烤肠	京酱肉丝
	Quail egg and pork	Stewed meat ball in brown sauce	Roasted codfish	Curried chicken	Baked sausage	Pork with Bean Sauce
	烂糊肉丝	花菜炒肉片	莴笋胡萝卜肉片	青椒干丝肉丝	蚝油双菇肉片	肉末粉丝
	Cabbage and pork	Cauliflower with pork	Fried stem lettuce with carrot and pork	Fried green pepper with pork and dry tofu	Fried pork with two kinds of mushroom	Fried pork with bean vermicelli
	香菇青菜	青椒土豆丝	清炒牛心菜	青椒绿豆芽	手撕包菜	白菜炒素
	Green vegetables with mushroom	Fried green pepper and potato	Cabbage	Fried green bean sprout and green pepper	Cabbage	Cabbage with gluten and carrot
	米饭	米饭	米饭	米饭	米饭	米饭
	Rice	Rice	Rice	Rice	Rice	Rice
2.中餐2 Chinese Food Set menu 2	鹌鹑蛋烧肉	红烧小肉	菌菇牛腩	百叶结烧肉	红烧大肉	蜜汁叉烧肉
	Quail egg and pork	Braised pork	Beef with mushroom	Braised pork with dried tofu	Braised pork	Char siu
	鱼香茄子	花菜炒肉片	莴笋胡萝卜肉片	鱼香肉末茄子	西红柿炒鸡蛋	青甜椒木耳肉片
	Yu-Shiang Eggplant	Cauliflower with pork	Fried stem lettuce with carrot and pork	Yu-Shiang Shredded Pork	Fried eggs with tomatoes	Fried yam with wood ear and pepper
	烂糊肉丝	红烧肉米豆腐	芹菜肉米粉丝	青椒干丝肉丝	蚝油双菇肉片	肉末粉丝
	Cabbage and pork	Braised tofu with pork	Fried pork with bean vermicelli and celery	Fried green pepper with pork and dry tofu	Fried pork with two kinds of mushroom	Fried pork with bean vermicelli
	香菇青菜	青椒土豆丝	清炒牛心菜	青椒绿豆芽	手撕包菜	白菜炒素
	Green vegetables with mushroom	Fried green pepper and potato	Cabbage	Fried green bean sprout and green pepper	Cabbage	Cabbage with gluten and carrot
	米饭	米饭	米饭	米饭	米饭	米饭
	Rice	Rice	Rice	Rice	Rice	Rice

1月4日-1月9日6-12年级菜单

G6 to G12 menu of Jan4th-Jan9th

		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	肉酱意大利两头尖	泰式咖喱鸡排饭套餐 Curry Rice with Fried Chicken	鸡肉汉堡	卤肉饭套餐 Braised pork rice	菌菇肉丝炒乌冬面
	Spaghetti with meat sauce	Spaghetti with meat sauce		Chicken burger		Fried Japanese noodles with mushroom and meat
	西餐烤鸡腿	火山石烤肠		西餐鳕鱼排		西餐烤鸭腿
	Roasted chicken leg	Baked sausage		Roasted codfish		Roasted duck leg
	莴笋木耳肉片	花菜炒肉片		青椒土豆肉片		西葫芦胡萝卜炒肉丝
	Fried stem lettuce with pork and wood ear	Cauliflower with pork		Fried green pepper and potato with meat		Fried Zucchini with carrot and pork
	杭白菜	葱油萝卜丝		清炒牛心菜		水煮胡萝卜
	Cabbage	Fried shredded turnip		Cabbage		Steamed carrot
	银牙土豆	烤土豆		薯条		薯格
	Baked potato	Baked potato		Fried chips		Crisscut poatoes
4.面条1 Noodles1	红烧鸭腿面	红烧牛肉面	辣肉面	菌菇牛肉面	红烧鸭腿面	红烧大排面
	Braised duck leg noodles	Braised pork noodles	Spicy meat noodles	Beef with mushroom noodles	Braised duck leg noodles	Pork Chop with soy sauce noodles
5.面条2 Noodle2	老北京炸酱面	老北京炸酱面	老北京炸酱面	老北京炸酱面	老北京炸酱面	老北京炸酱面
	Noodles with Fried Bean Sauce	Noodles with Fried Bean Sauce	Noodles with Fried Bean Sauce	Noodles with Fried Bean Sauce	Noodles with Fried Bean Sauce	Noodles with Fried Bean Sauce

1月4日-1月9日6-12年级菜单

G6 to G12 menu of Jan4th-Jan9th

	周日 Sunday	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	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	Canton beef chow Fun
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	水果披萨
	Fruit pizza	Fruit pizza	Fruit pizza	Fruit pizza	Fruit pizza	Fruit pizza
8.特色餐 Weekly Special	牛肉粉丝汤	牛肉粉丝汤	牛肉粉丝汤	牛肉粉丝汤	牛肉粉丝汤	牛肉粉丝汤
	Beef soup with vermicelli	Beef soup with vermicelli	Beef soup with vermicelli	Beef soup with vermicelli	Beef soup with vermicelli	Beef soup with vermicelli
9.特色餐 Weekly Special	小炒肉盖浇饭	小炒肉盖浇饭	小炒肉盖浇饭	小炒肉盖浇饭	小炒肉盖浇饭	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	Spicy stir-fried pork with rice
汤 Soup	罗宋汤	紫菜蛋汤	豆腐羹	番茄蛋汤	菌菇肉丝汤	蔬菜蛋花汤
	Borsch	seaweed and egg soup	Tofu soup	Tomatoes and eggs soup	Mushroom and meat soup	Vegetable egg soup
水果 Fruit	水果	水果	水果	水果	水果	水果
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit

