

# 1月19日-1月23日1-2年级菜单

## G1 to G2 menu of Jan19th-Jan23rd

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
上午点心 Morning snack	桂花糕 osmanthus cake	马拉糕 Cantonese sponge cake	蔓越莓米糕 Cranberry rice cake	黑米糕 Black rice cake	小餐包 Round bread
套餐 Set menu	酱爆肉片 Diced pork with bean sauce	鸡肉汉堡 Chicken burger	蜜汁鸭翅根 Braised duck wing	肉酱意大利螺旋面 Spiral pasta with Meat Sauce	红烧小肉圆 Stewed meat ball in brown sauce
	烤鸡腿 Roasted chicken leg	西餐烤鳕鱼排 Roasted codfish	鹌鹑蛋烧肉 Quail egg and pork	盐酥鸡 Salty fried chicken	咖喱土豆牛腩 Curry beef with potato
	清炒青菜 Fried green vegetables	西葫芦炒肉丝 Fried Zucchini with pork	青椒土豆丝 Fried green pepper and potato	蚝油双菇肉片 Fried pork with two kinds of mushroom	
	米饭 Rice	三丝牛心菜 Cabbage	米饭 Rice	蒸胡萝卜 Steamed carrot	三色绿豆芽 Fried green bean sprout and green pepper
		薯格 Crisscut poatoes		薯条 Fried chips	米饭 Rice
	番茄蛋汤 Tomatoes and eggs soup	豆腐羹 Tofu soup	三丝肉丝汤 Vegetables and meat soup	罗宋汤 Borsch	紫菜蛋汤 seaweed and egg soup
	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit



1月19日-1月23日3-5年级菜单  
G3 to G5 menu of Jan 19th-Jan 23rd

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
上午点心 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	百叶结红烧肉	咖喱土豆牛腩	糖醋小排	红烧大排	马桥干烧肉
	Braised pork with dried tofu	Curry beef with potato	sweet and sour spare ribs	Pork Chop with soy sauce	Fried dried bean and pork
	西葫芦胡萝卜炒肉丝	番茄炒蛋	蚝油双菇肉片	上海炒酱	芹菜肉末粉丝
	Fried Zucchini with carrot and pork	Fried eggs with tomatoes	Fried pork with two kinds of mushroom	Fried dry tofu and wild rice shoots with pork	Fried pork with bean vermicelli and celery
	红烧肉末豆腐	干锅花菜肉片	芹菜香干肉丝	玉米粒炒肉末	青椒土豆肉片
	Braised tofu with pork	Cauliflower with pork	Celery with pork and dry tofu	Corn niblets with minced pork	Fried green pepper and potato with meat
	清炒青菜	三丝牛心菜	青椒土豆丝	葱油萝卜丝	三色绿豆芽
	Fried green vegetables	Cabbage	Fried green pepper and potato	Fried shredded turnip	Fried green bean sprout and green pepper
面条 Noodles	米饭	米饭	米饭	米饭	米饭
	Rice	Rice	Rice	Rice	Rice
特色餐 Weekly Special	红烧肉圆面	辣肉面	鱼香肉丝面	菌菇卤肉面	红烧大肉面
	Stewed pork ball in brown sauce noodles	Spicy meat noodles	Yu-Shiang Shredded Pork noodles	Pot-stewed meat with mushroom noodles	Braised pork noodles
特色餐 Weekly Special	番茄鸡蛋肉丁烩面鱼	番茄鸡蛋肉丁烩面鱼	番茄鸡蛋肉丁烩面鱼	番茄鸡蛋肉丁烩面鱼	番茄鸡蛋肉丁烩面鱼
	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

1月19日-1月23日3-5年级菜单  
G3 to G5 menu of Jan 19th - Jan 23rd

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
西餐套餐 western food Set menu	肉酱意大利两头尖面 Pasta with Meat Sauce	台式卤肉饭 Braised pork rice	奥尔良鸡腿汉堡 Chicken burger	泰式咖喱鸡排饭 Curry Rice with Fried Chicken	鲜菌菇肉丝烩乌冬面 Fried Japanese noodles with mushroom and meat
	烤鸡腿 Roasted chicken leg		西餐烤鳕鱼排 Roasted codfish		烤鸭腿 Roasted duck leg
	西葫芦胡萝卜炒肉丝 Fried Zucchini with carrot and pork		西芹炒肉片 Fried stem lettuce with pork		花菜肉片 Cauliflower with pork
	手撕包菜 Cabbage		三色绿豆芽 Fried green bean sprout and green pepper		胡萝卜 Steamed carrot
	薯格 Crisscut potatoes		烤土豆 Baked potato		薯条 Fried chips
	番茄蛋汤 Tomatoes and eggs soup		三丝肉丝汤 Vegetables and meat soup		紫菜蛋汤 seaweed and egg soup
	水果 Fruit		水果 Fruit		水果 Fruit
	水果 Fruit		水果 Fruit		水果 Fruit
	水果 Fruit		水果 Fruit		水果 Fruit
	水果 Fruit		水果 Fruit		水果 Fruit



# 1月19日-1月23日6-12年级菜单

## G6 to G12 menu of Jan19th-Jan23rd

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
1. 中餐1 1Chinese Food Set menu 1	烤鸡腿 Roasted chicken leg	西餐烤鳕鱼排 Roasted codfish	烤鸭腿 Roasted duck leg	鸡米花 popcorn chicken	蜜汁小肉圆 Stewed pork ball in brown sauce
	红烧肉末豆腐 Braised tofu with pork	干锅花菜肉片 Cauliflower with pork	芹菜香干肉丝 Celery with pork and dry tofu	上海炒酱 Fried dry tofu and wild rice shoots with pork	青椒土豆肉片 Fried green pepper and potato with meat
	清炒青菜 Fried green vegetables	三丝牛心菜 Cabbage	青椒土豆丝 Fried green pepper and potato	葱油萝卜丝 Fried shredded turnip	三色绿豆芽 Fried green bean sprout and green pepper
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
	百叶结红烧肉 Braised pork with dried tofu	咖喱土豆牛腩 Curry beef with potato	糖醋小排 Sweet and sour spare ribs	红烧大排 Pork Chop with soy sauce	马桥干烧肉 Fried dried bean and pork
	西葫芦胡萝卜炒肉丝 Fried Zucchini with carrot and pork	番茄炒蛋 Fried eggs with tomatoes	蚝油双菇肉片 Fried pork with two kinds of mushroom	上海炒酱 Fried dry tofu and wild rice shoots with pork	芹菜肉末粉丝 Fried pork with bean vermicelli and celery
	红烧肉末豆腐 Braised tofu with pork	干锅花菜肉片 Cauliflower with pork	芹菜香干肉丝 Celery with pork and dry tofu	玉米粒炒肉末 Corn niblets with minced pork	青椒土豆肉片 Fried green pepper and potato with meat
2. 中餐2 Chinese Food Set menu 2	清炒青菜 Fried green vegetables	三丝牛心菜 Cabbage	青椒土豆丝 Fried green pepper and potato	葱油萝卜丝 Fried shredded turnip	三色绿豆芽 Fried green bean sprout and green pepper
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice

1月19日-1月23日6-12年级菜单  
G6 to G12 menu of Jan19th-Jan23rd

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
3.西餐套餐 western Food Set menu	肉酱意大利两头尖面 Pasta with Meat Sauce	台式卤肉饭 Braised pork rice	奥尔良鸡腿汉堡 Chicken burger	泰式咖喱鸡排饭 Curry Rice with Fried Chicken	鲜菌菇肉丝烩乌冬面 Fried Japanese noodles with mushroom and meat
	烤鸡腿 Roasted chicken leg		西餐烤鳕鱼排 Roasted codfish		烤鸭腿 Roasted duck leg
	西葫芦胡萝卜炒肉丝 Fried Zucchini with carrot and pork		西芹炒肉片 Fried stem lettuce with pork		花菜肉片 Cauliflower with pork
	手撕包菜 Cabbage		三色绿豆芽 Fried green bean sprout and green pepper		胡萝卜 Steamed carrot
	薯格 Crisscut poatoes		烤土豆 Baked potato		薯条 Fried chips
	红烧肉圆面 Stewed pork ball in brown sauce noodles		鱼香肉丝面 Yu-Shiang Shredded Pork noodles		红烧大肉面 Braised pork noodles
	油泼面套餐 Hot oil noodles		油泼面套餐 Hot oil noodles		油泼面套餐 Hot oil noodles
4.面条1 Noodles1					
5面条2 Noodle2					

# 1月19日-1月23日6-12年级菜单

## Go to G12 menu of Jan19th-Jan23rd

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
6.特色餐 Weekly Special	西北炒方便面	西北炒方便面	西北炒方便面	西北炒方便面	西北炒方便面
	Fried instant noodles				
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				
8.特色餐 Weekly Special	老鸭粉丝汤	老鸭粉丝汤	老鸭粉丝汤	老鸭粉丝汤	老鸭粉丝汤
	Duck vermicelli soup				
9.特色餐 Weekly Special	奶油蘑菇培根焗饭	奶油蘑菇培根焗饭	奶油蘑菇培根焗饭	奶油蘑菇培根焗饭	奶油蘑菇培根焗饭
	Cream of mushroom and bacon baked rice				
汤 Soup	番茄蛋汤	豆腐羹	三丝肉丝汤	罗宋汤	紫菜蛋汤
	Tomatoes and eggs soup	Tofu soup	Vegetables and meat soup	Borsch	seaweed and egg soup
水果 Fruit	水果	水果	水果	水果	水果
	Fruit	Fruit	Fruit	Fruit	Fruit

