

# 4月13日-4月17日1-2年级菜单

G1 to G2 menu of Apr13<sup>th</sup>-Apr17<sup>th</sup>

	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		小餐包 Round bread
套餐 Set menu 	红烧小肉圆 Stewed meat ball in brown sauce	鸡肉汉堡 Chicken burger	蚝油牛肉片 Oyster sauce beef		黄金蛋饺 Egg dumplings
	菠萝咕咾肉 sweet and sour pork	鳕鱼排 Roasted codfish	咖喱毛毛肉 Curried chicken		鹌鹑蛋烧肉 Quail egg and pork
	小青菜 Fried green vegetables	西葫芦炒肉丝 Fried Zucchini with pork	蒸胡萝卜 Steamed carrot		清炒牛心菜 Cabbage
	米饭 Rice	青椒土豆丝 Fried green pepper and potato	米饭 Rice		米饭 Rice
		薯格 Crisscut potatoes			
汤 Soup 	芥菜豆腐羹 Bean curd soup with green vegetable	紫菜蛋汤 seaweed and egg soup	蔬菜蛋花汤 Vegetable egg soup		番茄蛋汤 Tomatoes and eggs soup
下午点心 Afternoon snack 	甜甜圈 doughnut	清水蛋糕 Original Cake	红豆饼 Red bean cake		老婆饼 Sweetheart pie

# 4月13日-4月17日3-5年级菜单

## G3 to G5 menu of Apr13<sup>th</sup>-Apr17<sup>th</sup>

	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		小餐包 Round bread
中餐套餐 Chinese Food Set menu	红烧大排 Pork Chop with soy sauce	马桥干红烧肉 Braised pork with dried tofu	本帮酱鸭 Braised duck in sauce		咖喱土豆牛腩 Curry beef with potato
	番茄炒蛋 Fried eggs with tomatoes	西葫芦炒肉丝 Fried Zucchini with pork	黄瓜木耳炒蛋 Cucumber with wood ear and egg		鱼香茄子 Yu-Shiang Eggplant
	上海炒酱 Fried dry tofu and wild rice shoots with pork	麻婆豆腐 stewed beancurd with minced pork	青椒土豆肉片 Fried green pepper and potato with meat		花菜炒肉片 Cauliflower with pork
	香菇青菜 Green vegetables with mushroom	青椒土豆丝 Fried green pepper and potato	三丝绿豆芽 Fried green bean sprout and green pepper		清炒牛心菜 Cabbage
	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 noodles	本帮酱鸭面 Braised duck in sauce noodles	红烧大肉面 Braised pork noodles		菌菇牛肉面 Beef with mushroom noodles
特色餐 Weekly Special	番茄肉丝炒刀削面 Fried noodles with tomatoes and shredded meat	番茄肉丝炒刀削面 Fried noodles with tomatoes and shredded meat	番茄肉丝炒刀削面 Fried noodles with tomatoes and shredded meat		番茄肉丝炒刀削面 Fried noodles with tomatoes and shredded meat

# 4月13日-4月17日3-5年级菜单

## G3 to G5 menu of Apr13<sup>th</sup>-Apr17<sup>th</sup>

	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	泰式咖喱鸡排饭 Curry Rice with Fried Chicken	热狗面包 Hot dog		红葱酱鸡肉炒饭 Fried rice with chicken
	烤鸭腿 Roasted duck leg		鸡米花 popcorn chicken		烤鸭腿 Roasted duck leg
	干锅花菜 Cauli-flower with pork		西芹炒肉片 Fried stem lettuce with pork		素肠肉片 Fried dry tofu with meat
	香菇青菜 Green vegetables with mushroom		三丝绿豆芽 Fried green bean sprout and green pepper		番茄西葫芦 Fried tomato and Zucchini
	薯条 Fried chips		银牙土豆 Baked potato		烤土豆 Baked potato
汤 Soup	荠菜豆腐羹 Bean curd soup with green vegetabl	紫菜蛋汤 seaweed and egg soup	蔬菜蛋花汤 Vegetable egg soup		番茄蛋汤 Tomatoes and eggs soup
下午茶点 Afternoon snack	甜甜圈 doughnut	清水蛋糕 Original Cake	红豆饼 Red bean cake		老婆饼 Sweetheart pie



# 4月13日-4月17日6-12年级菜单

G6 to G12 menu of Apr13<sup>th</sup>-Apr17<sup>th</sup>

	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 Stewed meat ball in brown sauce	鳕鱼排 Roasted codfish	咖喱毛毛肉 Curried chicken	上校鸡块 Chicken nuggets	黄金蛋饺 Egg dumplings
	上海炒酱 Fried dry tofu and wild rice shoots with pork	西葫芦炒肉丝 Fried Zucchini with pork	黄瓜木耳炒蛋 Cucumber with wood ear and egg	芹菜干丝肉丝 Celery with pork and dry tofu	花菜炒肉片 Cauliflower with pork
	香菇青菜 Green vegetables with mushroom	手撕包菜 Cabbage	三丝绿豆芽 Fried green bean sprout and green pepper	清炒杭白菜 Fried hangzhou cabbage	清炒牛心菜 Cabbage
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
2.中餐2 Chinese Food Set menu 2	红烧大排 Pork Chop with soy sauce	马桥干红烧肉 Braised pork with dried tofu	本帮酱鸭 Braised duck in sauce	百叶结烧肉 Braised pork with dried tofu	咖喱土豆牛腩 Curry beef with potato
	番茄炒蛋 Fried eggs with tomatoes	西葫芦炒肉丝 Fried Zucchini with pork	黄瓜木耳炒蛋 Cucumber with wood ear and egg	芹菜干丝肉丝 Celery with pork and dry tofu	鱼香茄子 Yu-Shiang Eggplant
	上海炒酱 Fried dry tofu and wild rice shoots with pork	麻婆豆腐 stewed beancurd with minced pork	青椒土豆肉片 Fried green pepper and potato with meat	卷心菜肉丝炒粉丝 Cabbage with bean vermicelli and pork	花菜炒肉片 Cauliflower with pork
	香菇青菜 Green vegetables with mushroom	青椒土豆丝 Fried green pepper and potato	三丝绿豆芽 Fried green bean sprout and green pepper	清炒杭白菜 Fried hangzhou cabbage	清炒牛心菜 Cabbage
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice

# 4月13日-4月17日6-12年级菜单

## G6 to G12 menu of Apr13<sup>th</sup>-Apr17<sup>th</sup>

	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	泰式咖喱鸡排饭 Curry Rice with Fried Chicken	热狗面包 Hot dog	台式卤肉饭 Braised pork rice	红葱酱鸡肉炒饭 Fried rice with chicken
	烤鸭腿 Roasted duck leg		鸡米花 popcorn chicken		烤鸭腿 Roasted duck leg
	干锅花菜 Cauliflower with pork		西芹炒肉片 Fried stem lettuce with pork		素肠肉片 Fried dry tofu with meat
	香菇青菜 Green vegetables with mushroom		三丝绿豆芽 Fried green bean sprout and green pepper		番茄西葫芦 Fried tomato and Zucchini
	薯条 Fried chips		狼牙土豆 Baked potato		烤土豆 Baked potato
4.面条1 Noodle1	红烧大排面 Pork Chop with soy sauce noodles	本帮酱鸭面 Braised duck in sauce noodles	红烧大肉面 Braised pork noodles	红烧鸡腿面 Braised chicken leg noodles	菌菇牛肉面 Beef with mushroom noodles
5.面条2 Noodle2	黑胡椒鸡块锅盖面 Black Pepper Chicken Noodles	黑胡椒鸡块锅盖面 Black Pepper Chicken Noodles	黑胡椒鸡块锅盖面 Black Pepper Chicken Noodles	黑胡椒鸡块锅盖面 Black Pepper Chicken Noodles	黑胡椒鸡块锅盖面 Black Pepper Chicken Noodles

# 4月13日-4月17日6-12年级菜单

## G6 to G12 menu of Apr13<sup>th</sup>-Apr17<sup>th</sup>

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
6.特色餐 Weekly Special	天水麻辣烫 Tianshui malatang	天水麻辣烫 Tianshui malatang	天水麻辣烫 Tianshui malatang	天水麻辣烫 Tianshui malatang	天水麻辣烫 Tianshui malatang
7.特色餐 Weekly Special	墨西哥鸡肉卷 Mexican Chicken Roll	墨西哥鸡肉卷 Mexican Chicken Roll	墨西哥鸡肉卷 Mexican Chicken Roll	墨西哥鸡肉卷 Mexican Chicken Roll	墨西哥鸡肉卷 Mexican Chicken Roll
8.特色餐 Weekly Special	韩式部队火锅 Army Stew	韩式部队火锅 Army Stew	韩式部队火锅 Army Stew	韩式部队火锅 Army Stew	韩式部队火锅 Army Stew
9.特色餐 Weekly Special	农家小炒肉盖浇饭 Spicy stir-fried pork with rice	农家小炒肉盖浇饭 Spicy stir-fried pork with rice	农家小炒肉盖浇饭 Spicy stir-fried pork with rice	农家小炒肉盖浇饭 Spicy stir-fried pork with rice	农家小炒肉盖浇饭 Spicy stir-fried pork with rice
汤 Soup	荠菜豆腐羹 Bean curd soup with green vegetabl	紫菜蛋汤 seaweed and egg soup	蔬菜蛋花汤 Vegetable egg soup	豆腐羹 Tofu 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

