



6月8日-6月12日1-2年级菜单

G1 to G2 menu of June 8th-12th

	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		
 套餐 Set menu	红烧小肉圆 Stewed meat ball in brown sauce	泰式咖喱鸡排饭 Curry Rice with Fried Chicken	番茄土豆炖牛腩 Braised beef with potato and tomato		
	蒜酱肉丝 Pork with Bean Sauce		鹌鹑蛋烧肉 Quail egg and pork		
	清炒小青菜 Fried green vegetables		葱油西葫芦 Fried Zucchini		
	米饭 Rice		米饭 Rice		
 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		
水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit		

6月8日-6月12日3-5年级菜单

G3 to G5 menu of June 8th-12th

	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		
中餐套餐 Chinese Food Set menu	葱烤大排 Pan-fried Pork Chop	南乳红烧肉 Pork Chop with soy sauce	香酥鸭 Roasted duck		
	番茄炒蛋 Fried eggs with tomatoes	土豆炒肉片 Fried potato	黄瓜木耳炒蛋 Cucumber with wood ear and egg		
	上海炒酱 Fried dry tofu and wild rice shoots with pork	麻婆豆腐 stewed beancurd with minced pork	肉末粉丝 Fried pork with bean vermicelli		
	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		
	米饭 Rice	米饭 Rice	米饭 Rice		
面条 Noodles	辣肉面 Spicy meat noodles	本帮酱鸭面 Braised duck in sauce noodles	红烧大肉面 Braised pork noodles		
特色餐 Weekly Special	番茄鸡蛋肉丁拌面 Noodles with tomato, egg, and meat	番茄鸡蛋肉丁拌面 Noodles with tomato, egg, and meat	番茄鸡蛋肉丁拌面 Noodles with tomato, egg, and meat		

6月8日-6月12日3-5年级菜单

G3 to G5 menu of June 8th-12th

	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	鸡肉汉堡 Chicken burger		
	烤鸭腿 Roasted duck leg		鸡米花 popcorn chicken		
	干锅花菜 Cauliflower with pork		西芹炒肉片 Fried stem lettuce with pork		
	香菇青菜 Green vegetables with mushroom		三丝绿豆芽 Fried green bean sprout and green pepper		
	薯条 Fried chips		银牙土豆 Baked potato		
汤 Soup	荠菜豆腐羹 Bean curd soup with green vegetable	紫菜蛋汤 seaweed and egg soup	蔬菜蛋花汤 Vegetable egg soup		
水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit		



6月8日-6月12日6-12年级菜单

G6 to G12 menu of June 8th-12th

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
1. 中餐1 1 Chinese Food Set menu 1	红烧小肉圆 Stewed meat ball in brown sauce	重庆辣子鸡 Chongqing spicy chicken	烤鸡腿 Roasted chicken leg		
	上海炒酱 Fried dry tofu and wild rice shoots with pork	土豆炒肉片 Fried potato	黄瓜木耳炒蛋 Cucumber with wood ear and egg		
	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		
	米饭 Rice	米饭 Rice	米饭 Rice		
2. 中餐2 Chinese Food Set menu 2	葱烤大排 Pan-fried Pork Chop	南乳红烧肉 Pork Chop with soy sauce	香酥鸭 Roasted duck		
	番茄炒蛋 Fried eggs with tomatoes	土豆炒肉片 Fried potato	黄瓜木耳炒蛋 Cucumber with wood ear and egg		
	上海炒酱 Fried dry tofu and wild rice shoots with pork	麻婆豆腐 stewed beancurd with minced pork	肉末粉丝 Fried pork with bean vermicelli		
	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		
	米饭 Rice	米饭 Rice	米饭 Rice		

6月8日-6月12日6-12年级菜单
G6 to G12 menu of June 8th-12th

	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	鸡肉汉堡 Chicken burger		
	烤鸭腿 Roasted duck leg		鸡米花 popcorn chicken		
	干锅花菜 Cauliflower with pork		西芹炒肉片 Fried stem lettuce with pork		
	香菇青菜 Green vegetables with mushroom		三丝绿豆芽 Fried green bean sprout and green pepper		
	薯条 Fried chips		狼牙土豆 Baked potato		
4.面条1 Noodles1	辣肉面 Spicy meat noodles	本帮酱鸭面 Braised duck in sauce noodles	红烧大肉面 Braised pork noodles		
5.面条2 Noodle2	葱油拌面大排套餐 Scallion Oil Noodles with Pork Chop	葱油拌面大排套餐 Scallion Oil Noodles with Pork Chop	葱油拌面大排套餐 Scallion Oil Noodles with Pork Chop		

6月8日-6月12日6-12年级菜单

G6 to G12 menu of June 8th-12th

	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
6.特色餐 Weekly Special	五花肉豆角蒸面 Steamed noodles with beans and pork belly	五花肉豆角蒸面 Steamed noodles with beans and pork belly	五花肉豆角蒸面 Steamed noodles with beans and pork belly		
7.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		
8.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		
9.特色餐 Weekly Special	麻辣排骨土豆粉 Hot & Spicy Rib Potato Noodles	麻辣排骨土豆粉 Hot & Spicy Rib Potato Noodles	麻辣排骨土豆粉 Hot & Spicy Rib Potato Noodles		
汤 Soup	荠菜豆腐羹 Bean curd soup with green vegetable	紫菜蛋汤 seaweed and egg soup	蔬菜蛋花汤 Vegetable egg soup		
水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit		



