

9月20日-9月24日1-2年级菜单
G1 to G2 menu of Sep14th-18th

	周日 Sunday	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday
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	照烧鸡排汉堡 Teriyaki Chicken Burger	鹌鹑蛋烧肉 Quail egg and pork	肉酱意大利面 Spaghetti with meat sauce	番茄土豆烩牛腩 Braised beef with potato and tomato
	红烧小肉圆 Stewed meat ball in brown sauce	烤鳕鱼排 Roasted codfish	烤鸡腿 Roasted chicken leg	烤鱼排 Roasted codfish	糖醋里脊肉 Sweet and sour pork
	香菇青菜 Green vegetables with mushroom	青椒土豆肉片 Fried green pepper and potato with meat	青椒绿豆芽 Fried green bean sprout and green pepper	蚝油双菇肉片 Fried pork with two kinds of mushroom	白菜炒素 Cabbage with gluten and carrot
	米饭 Rice	清炒牛心菜 Cabbage	米饭 Rice	蒸胡萝卜 Steamed carrot	米饭 Rice
		春卷 Spring roll		狼牙土豆 Baked potato	
 汤 Soup	紫菜蛋汤 seaweed and egg soup	豆腐羹 Tofu soup	番茄蛋汤 Tomatoes and eggs soup	菌菇肉丝汤 Mushroom and meat soup	蔬菜蛋花汤 Vegetable egg soup
下午点心 Afternoon snack	甜甜圈 Doughnut	清水蛋糕 Original Cake	老婆饼 Sweetheart pie	牛角包 Croissant	甜甜圈 Doughnut

9月20日-9月24日3-5年级菜单
G3 to G5 menu of Sep7th-11th

	周日 Sunday	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday
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
中餐套餐 Chinese Food Set menu	红烧小肉 Braised pork	菌菇牛腩 Beef with mushroom	百叶结烧肉 Braised pork with dried tofu		蜜汁叉烧肉 Char siu
	西葫芦胡萝卜炒肉 Fried Zucchini with carrot and pork	青椒土豆炒肉片 Fried green pepper and potato with meat	鱼香肉末茄子 Yu-Shiang Shredded Pork	西红柿炒鸡蛋 Fried eggs with tomatoes	彩椒黑木耳肉片 Colourfulpepper with wood ear and pork
	红烧肉米豆腐 Braised tofu with pork	芹菜肉米粉丝 Fried pork with bean vermicelli and celery	青椒干丝肉丝 Fried green pepper with pork and dry tofu	蚝油双菇肉片 Fried pork with two kinds of mushroom	橄榄菜肉米炒豇豆 Bean and pork with olive
	香菇青菜 Green vegetables with mushroom	手撕包菜 Cabbage	青椒绿豆芽 Fried green bean sprout and green pepper	三色土豆丝 Colourful pepper and shredded potatoes	白菜炒素 Cabbage with gluten and carrot
	红烧小肉 Braised pork	菌菇牛腩 Beef with mushroom	百叶结烧肉 Braised pork with dried tofu	椒盐基围虾 Fried shrimp	蜜汁叉烧肉 Char siu
面条 Noodles	红烧大肉面 Braised pork noodles	辣肉面 Spicy meat noodles	菌菇牛肉面 Beef with mushroom noodles	红烧鸭腿面 Braised duck leg noodles	红烧大排面 Pork Chop with soy sauce 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	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

9月20日-9月24日3-5年级菜单
G3 to G5 menu of Sep7th-11th

	周日 Sunday	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday
西餐套餐 western food Set menu 	肉酱意大利两头尖 Spaghetti with meat sauce	泰式咖喱鸡排饭 Curry Rice with Fried Chicken	鸡肉汉堡 Chicken burger	台式卤肉饭 Braised pork rice	菌菇肉丝炒乌冬面 Fried Japanese noodles with mushroom and meat
	奥尔良烤鸭腿 New Orleans duck leg		鳕鱼排 Roasted codfish		小酥肉 Fried pork
	西兰花炒肉片 Fried broccoli with pork		青椒绿豆芽 Fried stem lettuce with egg		西葫芦胡萝卜炒肉丝 Fried Zucchini with carrot and pork
	香菇青菜 Green vegetables with mushroom		青椒绿豆芽 Fried green bean sprout and green pepper		胡萝卜 Steamed carrot
	烤土豆 Baked potato		薯条 Fried chips		薯格 Crisscut poatoes
汤 Soup	紫菜蛋汤 seaweed and egg soup	豆腐羹 Tofu soup	番茄蛋汤 Tomatoes and eggs soup	菌菇肉丝汤 Mushroom and meat soup	蔬菜蛋花汤 Vegetable egg soup
下午点心 Afternoon snack	甜甜圈 Doughnut	清水蛋糕 Original Cake	老婆饼 Sweetheart pie	牛角包 Croissant	甜甜圈 Doughnut



9月20日-9月24日6-12年级菜单

G6 to G12 menu of Sep14th-18th

	周日 Sunday	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday
中餐1 Chinese Food Set menu 1	红烧小肉圆 Stewed meat ball in brown sauce	烤鳕鱼排 Roasted codfish	烤鸡腿 Roasted chicken leg	烤鱼排 Roasted codfish	小酥肉 Fried pork
	西葫芦胡萝卜炒肉丝 Fried Zucchini with carrot and pork	青椒土豆炒肉片 Fried green pepper and potato with meat	青椒干丝肉丝 Fried green pepper with pork and dry tofu	蚝油双菇肉片 Fried pork with two kinds of mushroom	彩椒黑木耳肉片 Colourfulpepper with wood ear and pork
	香菇青菜 Green vegetables with mushroom	手撕包菜 Cabbage	青椒绿豆芽 Fried green bean sprout and green pepper	三色土豆丝 Colourful pepper and shredded potatoes	白菜炒素 Cabbage with gluten and carrot
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
中餐2 Chinese Food Set menu 2	红烧小肉 Braised pork	菌菇牛腩 Beef with mushroom	百叶结烧肉 Braised pork with dried tofu	红烧大排 Pork Chop with soy sauce	蜜汁叉烧肉 Char siu
	西葫芦胡萝卜炒肉 Fried Zucchini with carrot and pork	青椒土豆炒肉片 Fried green pepper and potato with meat	鱼香肉末茄子 Yu-Shiang Shredded Pork	西红柿炒鸡蛋 Fried eggs with tomatoes	彩椒黑木耳肉片 Colourfulpepper with wood ear and pork
	红烧肉米豆腐 Braised tofu with pork	芹菜肉米粉丝 Fried pork with bean vermicelli and celery	青椒干丝肉丝 Fried green pepper with pork and dry tofu	蚝油双菇肉片 Fried pork with two kinds of mushroom	橄榄菜肉米炒豇豆 Bean and pork with olive
	香菇青菜 Green vegetables with mushroom	手撕包菜 Cabbage	青椒绿豆芽 Fried green bean sprout and green pepper	三色土豆丝 Colourful pepper and shredded potatoes	白菜炒素 Cabbage with gluten and carrot
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
面条 Noodles1	红烧大肉面 Braised pork noodles	辣肉面 Spicy meat noodles	菌菇牛肉面 Beef with mushroom noodles	红烧鸭腿面 Braised duck leg noodles	红烧大排面 Pork Chop with soy sauce noodles

9月20日-9月24日6-12年级菜单
G6 to G12 menu of Sep14th-18th

	周日 Sunday	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday
西餐套餐 western Food Set menu	肉酱意大利两头尖 Spaghetti with meat sauce	泰式咖喱鸡排饭 Curry Rice with Fried Chicken	鸡肉汉堡 Chicken burger	台式卤肉饭 Braised pork rice	菌菇肉丝炒乌冬面 Fried Japanese noodles with mushroom and meat
	奥尔良烤鸭腿 New Orleans duck leg		鳕鱼排 Roasted codfish		小酥肉 Fried pork
	西兰花炒肉片 Fried broccoli with pork		青椒绿豆芽 Fried stem lettuce with egg		西葫芦胡萝卜炒肉丝 Fried Zucchini with carrot and pork
	香菇青菜 Green vegetables with mushroom		青椒绿豆芽 Fried green bean sprout and green pepper		胡萝卜 Steamed carrot
	烤土豆 Baked potato		薯条 Fried chips		薯格 Crisscut poatoes
汤 Soup	紫菜蛋汤 seaweed and egg soup	豆腐羹 Tofu soup	番茄蛋汤 Tomatoes and eggs soup	菌菇肉丝汤 Mushroom and meat soup	蔬菜蛋花汤 Vegetable egg soup
水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit
本周特色餐 Weekly Special	黑胡椒鸡肉锅盖面 Black Pepper Chicken Noodles 麻辣米线 Spicy rice noodles 水果披萨 Fruit pizza				干锅小炒鸡 Dry pot chicken 麻辣豆腐盖浇饭 Spicy tofu and rice

