



每周早餐菜单 WEEKLY BREAKFAST MENU

	星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY
套餐 Set Menu	中式早餐 Chinese breakfast * * * * *	西式早餐 Western breakfast * * * * *	中式早餐 Chinese breakfast * * * * *	西式早餐 Western breakfast * * * * *	中式早餐 Chinese breakfast * * * * *
	新鲜水果 Fresh fruits	新鲜水果 Fresh fruits	新鲜水果 French fruits	新鲜水果 Fresh fruits	新鲜水果 Fresh fruits
	糯米烧卖※△ Shumai	牛角面包※O☆(附黄油或果酱) Croissant	黑胡椒牛肉饼※△☆ Beef pie	火腿芝士嫩蛋卷※O☆ Cheese, ham & eggs wraps	老鸭粉丝汤※△ Wonton soup
	玉米枣发糕※O△☆ Steam red date pudding	扒早餐肠※ Grilled sausage	春卷※△☆ Spring roll	扒早餐肠※ Grilled sausage	嵊洲小肉包※△☆ Steamed minced pork bun
	白粥 Plain congee	意式火腿,番茄,蘑菇,芝士焗蛋※O☆ Ham, tomato & mushroom frittata	白粥 Plain congee	扒菌菇 Grilled mushroom	酱蛋△☆ Spiced corned egg
	牛肉滑蛋粥☆ Beef & eggs congee		香菇滑鸡油菜粥△☆ Chicken, mushroom & choy sum congee	薯饼※ Hash brown	
	茶叶蛋△☆ Tea eggs		煮鸡蛋☆ Boiled egg		



西式早餐配谷类可选(玉米片, 全麦维, 谷维滋) ※O western breakfast served with choice of cereal (corn flakes, all bran, honey nut)

牛奶,豆奶,酸奶选— Choice of drink among Milk, Soybean milk, Yogurt

每日新鲜水果 Fresh fruits

每周午餐菜单 WEEKLY LUNCH MENU

星期一

MONDAY

青红萝卜筒骨汤
Pork bone & turnip soup
金沙肋骨※△☆
Crispy pork ribs
滑蛋牛柳△☆
Scrambled beef fillet & eggs
西红柿炒西葫芦
Tomato & Zucchini
高山生菜
Lettuce

星期二

TUESDAY

青瓜菌菇蛋汤△☆
Cucumber, mushroom & eggs
soup
台湾红烧牛肉△
Braised beef & vegetables
甜椒毛豆炒鸡丁△☆
Stir-fried chicken with bell pepper
& edamame
豉油皇白萝卜丝△
White turnips
油麦菜△
Indian lettuce

星期三

WEDNESDAY

竹荪淮山枸杞鸡汤
Bamboo fungus, Chinese yam &
chicken soup
红烧四喜丸子※△☆
Braised meat ball
缤纷海鲜小炒皇 # △
Stir-fried seafood & vegetables
肉末蒸冬瓜
Steamed minced pork & white
gourd
红米苋
Amaranth

星期四

THURSDAY

红腰豆莲藕猪骨汤△
Kidney bean, lotus root & pork
soup
虾饼附千岛酱※ # ☆
Shrimps cake
油豆腐烧肉△
Braised pork & fried bean curds
银芽△
Bean sprout
沙茶酱炒甘蓝 △
Cabbage

星期五

FRIDAY

(东南亚美食)
裙带菜菌菇猪骨汤 # △
Seaweed, mushroom & pork
bone soup
沙爹鸡 ※△☆
Chicken satay
泰式罗勒肉碎△
Thai minced pork & basil
玉米粒& 胡萝卜
Sweet corn & Carrot
腐乳汁通菜
Water spinach

套餐

Set Menu



地道面食	重庆小面※△☆ Chongqing spicy noodles soup	湖南小炒肉面※△☆ Stir-fried shredded pork & vegetables noodles soup	日式猪软骨面※△☆ Braised pork noodles soup	港式车仔面※# △☆ Cantonese noodles soup	苏式猪脚面※△☆ Braised pork knuckles noodles soup
Specialty noodles	各式小菜及时令蔬菜	各式小菜及时令蔬菜	各式小菜及时令蔬菜	各式小菜及时令蔬菜	各式小菜及时令蔬菜
仅供五年级以上学生	Side dish & Seasonal vegetables	Side dish & Seasonal vegetables	Side dish & Seasonal vegetables	Side dish & Seasonal vegetables	Side dish & Seasonal vegetables
环球精选	奶油蘑菇焗鸡※O Grilled chicken with cream sauce	泰式烤梅肉※△ Thai roast pork loin	意大利面※# O☆ (附经典肉酱或奶油红咖喱海鲜酱)	印度玛莎拉咖喱鸡※△O☆ Masala chicken curry	扒图林根香肠附芥末酱※O Grilled Thuringia sausage
Global Delicacies	薯条※ French fries	凤梨火腿炒饭# ☆ Fried rice with ham & pineapple	Pasta (Served with Bolognese or seafood curry sauce)	米饭 Steamed rice	奶油土豆泥※O Mashed potatoes
仅供五年级以上学生	时令蔬菜 Seasonal vegetables	时令蔬菜 Seasonal vegetables	时令蔬菜 Seasonal vegetables	时令蔬菜 Seasonal vegetables	时令蔬菜 Seasonal vegetables
素食精选	上海炒面※△☆ Shanghai fried noodles	扒蔬菜照烧汁△ Grilled vegetables with teriyaki sauce	日式炒蛋△☆ Japanese scrambled eggs	家常豆腐△ Soy braised tofu & vegetables	时蔬汤年糕※△☆ Sautéed rice cake with vegetables
其他					
Others	每日新鲜水果 Daily Fresh fruit / 每日粗粮 Daily healthy choices/每日酸奶 Daily choice of Yogurt				



每周晚餐菜单 WEEKLY DINNER MENU

	星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY
套餐 Set Menu	萝卜丝煎蛋汤 # ☆ Turnip & eggs soup	菠菜煲猪骨汤 Spinach & pork bone soup	白萝卜牛肉汤 beef & white Turnips & soup	西红柿蛋汤 ☆ Tomato & eggs soup	红枣杞子鸡汤 Red date, wolfberry & chicken soup
	缤纷口菇滑嫩鸡 △ ☆ Stir-fried chicken &	豉椒炒鱿筒 # △ Stir-fried bell pepper & squid	啫啫九层塔鸡腿丁 △ Roasted chicken with basil	香酥鸡腿 ※ △ ☆ Crispy chicken legs	杏鲍菇彩椒爆牛柳 △ ☆ Stir-fried beef fillet & mushroom,
	cucumber, carrot, mushroom	椒盐猪手 ※ △ Pepper & salt pork knuckles	沙爹肥牛粉丝煲 △ Stewed beef & bean vermicelli with	木须肉 △ ☆ Moo shu pork	bell pepper 咖喱鱼蛋 ※ O # ☆
	煎烤豚肉 △ (附烤肉酱) Grilled pork loin	家常茄子 △ Egg plant	satay 莴笋胡萝卜炒鸡蛋 △	蒜泥炒黄瓜 Cucumber with garlic	姜汁素炒黄豆芽 △ Bean sprout
	有机花菜 △ Cauliflower	木耳菜 Malabar spinach	Scrambled celtuce, carrot & eggs	广东菜心 Guangdong cabbage	蚝油杭白菜 # △ Hang cabbage
	菜心 Choy sum		鸡毛菜 Choy sum		
素食精选 Vegetarian option	素食关东煮 ※ △ ☆ Vegetables Oden	素食煲仔饭 △ ☆ Rice ,vegetables & eggs in clay pot	爆炒野菌 △ Stir-fried mix mushrooms	时蔬鸡蛋夹馍 ※ △ ☆ Chinese burger	豉油皇蔬菜炒面 ※ △ ☆ Fried noodles with vegetables & eggs



其他
Others

每日新鲜水果 Daily Fresh fruit / 每日粗粮 Daily healthy choices/每日酸奶 Daily choice of Yogurt

每周点心/夜宵菜单 WEEKLY SNACK MENU

	星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY
上午点心 Morning snack	燕麦棒※O△☆ Cereals bar	原味麦芬※O☆ Muffin	牛奶手撕面包※O☆ Milk bread	柏林娜※O☆ Berliner	黄油蛋糕※O☆ Butter cake
	酸奶 Yogurt O	酸奶 Yogurt O	酸奶 Yogurt O	酸奶 Yogurt O	酸奶 Yogurt O
下午点心 Afternoon snack	烤肠披萨面包※O☆ Sausage pizza bread	杂粮乳酪面包※O△☆ Whole wheat cheese bread	巧克力丹麦※O☆ Chocolate Danish	芝士火腿面包※O☆ Cheese & ham bread	蛋塔※O☆ Egg tart
	牛奶 O Milk	果汁 Fruit juice	牛奶 O Milk	果汁 Fruit juice	牛奶 O Milk
夜宵 Evening Snack	芝士培根面包 ※O☆ Cheese & bacon bread	椰蓉塔※O☆ Coconut tart	菠萝包※O☆ Pineapple bread	鲜肉酥饼※O△☆ Minced pork pastry	
	酸奶 Yogurt O	酸奶 Yogurt O	酸奶 Yogurt O	酸奶 Yogurt O	