

小学菜单 第三周

星期	周一	周二	周三	周四	周五
副食	广式烧鸭 Cantonese Roast Duck	土豆烧肉 braised pork with potato	洋葱甜椒炒牛肉 Fried beef with onion and Fruit pepper	芝士焗猪排 Steamed Pork Ribs with cheese	糖醋里脊 Sautéed Sweet and Sour Pork Tenderloin
	盐水虾 Salted Shrimp	醋溜银牙 Sauteed Bean Sprouts with sour sause	玉米鸡丁 diced Chicken with Corn	香芹土豆丝肉丝 Braised Shredded Pork, potato and celery	黄瓜鸡蛋 scrambled egg with cucumber
	西芹百合 Sautéed Lily Bulbs and Celery	手工饺子 homemade dumpling	什锦双花 Sautéed Pig Kidney with vegetable	清炒芥蓝 Sauteed Kai-lan	枸杞冬瓜 stewed white gourd with Chinese Wolfberry
	烧茄子 Braised Eggplant	猪肉白菜、西葫芦鸡蛋 Sauteed Pork and Chinese Cabbage scrambled egg with zucchini	红烧日本豆腐 Braised Japanese Tofu	圆白菜炒粉条 Braised Chinese Cabbage with Vermicelli	烧汁海鱼 Stewed seefish with source
汤	西红柿蛋汤 Tomato and Egg Flower Soup	疙瘩汤 Dough Drop and Assorted Vegetable Soup	红豆粥 Rice Congee with red bean	小米粥 millet congee	紫菜虾皮蛋汤 seaweed and shrimp skin soup
主食	米饭、花卷 rice, twistbread	米饭、红薯 rice, sweet potato	米饭、玉米 rice, corn	米饭、南瓜 rice, pumpkin	米饭、大饼 rice, pancake
上午间点	牛奶 milk	酸奶 yogurt	牛奶 milk	酸奶 yogurt	牛奶 milk
	木瓜、葡萄 papaya, grape	圣女果、白兰瓜 cherry tomato, honey melon	葡萄、梨 grape pear	香蕉、西瓜 banana watermelon	苹果、火龙果 apple, pitaya
下午间点	蛋糕 cake	桃酥 Walnut pastry	沙琪玛 Caramel treats	红豆包 smashed bean bun	玉米红枣发糕 sponge cake with corn and Chinese date
	酸梅汤 syrup of plum	冰糖雪梨汤 pear soup with crystal sugar	红枣银耳汤 Chinese date and tremella soup	绿豆汤 green bea soup	柠檬水 lemonade