

小学菜单 第四周

星期	周一	周二	周三	周四	周五
副食	油焖虾 Braised Prawns	黄金鳕鱼片 Pan-Fried Codfish Fillet	红烧鸡翅 braised chicken wings with brown sauce	苹果焗猪排 Steamed Pork Ribs with apple	萝卜炖牛腩 Stewed Beef Brisket with Turnip
	木须肉 Moo Shu Pork (Sautéed Sliced Pork, Eggs and Black Fungus)	酱爆鸡丁 Kung Pao Chicken	木耳山药炒南瓜 sauteed pumpkin with Black Fungus and Chinese Yam	平菇炒肉 Braised Pork with mushroom	香芹粉条炒肉丝 Shredded Pork with celery and with Vermicelli
	丝瓜鸡蛋 scrambled egg with Sponge Gourd	清炒菠菜 Sauteed Spinach	糖醋土豆丁 Diced potato with sour sauce	荷塘小炒 Sauteed Lotus Roots	什锦豆腐 assorted tofu
	清炒西兰花 Sautted Broccoli	海米瓜条 Sauteed gourd strip with Dried Shrimps	猪肉芹菜包子 bun stuffed with Pork and Celery	西红柿鸡蛋 scrambled egg with tomato	醋溜土豆丝 potato fries with sour sause
汤	冬瓜蛋花汤 white gourd and egg flower soup	薏米红豆粥 Rice Congee with red bean and barley seed	南瓜小米粥 millet congee with pumpkin	大枣银耳汤 Chinese date and tremella soup	紫米粥 purple rice congee
主食	酱油炒饭、花卷 Stir-Fried Rice with brown sauce、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	戚派小蛋糕 Chiffon Cake	枣糕 plum pudding	曲奇饼干 cookies	红豆包 smashed bean bun	绿茶蛋糕 green tea cake
	酸梅汤 syrup of plum	冰糖雪梨汤 pear soup with crystal sugar	红枣银耳汤 date tremella soup	绿豆汤 green bea soup	柠檬水 lemonade