

K-12 Menu
11.10-11.14 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
辣椒炒肉 Fried Green Pepper and Pork	芝士肉酱通心粉 Penne Bolognaise	牛肉面包 Roasted Meat Loaf	咖喱牛肉 Yellow Curry Beef	炸鱼条配塔塔汁 Fried Fish Fillet W/Tartar Sauce
炸鸡排配法式汁 Fried Chicken With French Sauce	红烧茄盒 Braised Eggplant With Pork	干烧鱼块 Braised Fish in Spicy Sauce	手抓饭(羊肉) Lamb Pilaf	烤鸡肉配甜辣酱 Roasted Chicken W/Thai Sweet Spicy Sauce
土豆条 Roasted Potato Chips	沙拉吧 Salad Bar	土豆泥 Mashed Potato	沙拉吧 Salad Bar	番茄通心粉 Macaroni W/Tomato Sauce
蒜蓉西兰花 Fried Broccoli W/ Minced Garlic	豆干芹菜 Fried Dried Tofu and Celery	粉丝圆白菜 Fried Cabbage and Vermicelli	木耳奶白菜 Black Fungus and Milk Cabbage	黄油时蔬 Sauteed Vegetables in Butter
蚝油冬瓜 Wax Gourd W/Oyster Sauce	麻婆豆腐 Mapo Tofu (Stir- Fried Tofu in Hot Sauce)	芝士蛋糕 Cheese Cake	番茄鸡蛋菜花 Stir Fried Cauliflower W/Tomato and Egg	鱼香茄子 SiChuan Eggplant
豆腐菌菇汤 Tofu and Mushroom Soup	意大利蔬菜汤 Minestrone Soup	奶油南瓜汤 Creamy Pumpkin Soup	绿豆粥 Mung Bean Porridge	排骨莲藕玉米汤 Spareribs Corn Lotus Root Soup

K-2 加餐菜单 Snack Menu
11.10-11.14 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
提拉米苏;牛奶 西瓜;酥梨 Tiramisu Milk Watermelon Pear	蛋糕卷;酸奶 蓝莓;白火龙果 Cake Roll Yoghurt Blueberry Dragon Fruit	布朗尼;牛奶 苹果;西瓜 Brownie Milk Apple Watermelon	面包圈;牛奶 香蕉;红火龙果 Donut Milk Banana Dragon Fruit	香蕉面包;酸奶 哈密瓜;葡萄 Banana Bread Yoghurt Hami melon Grapes