

成都乐盟学校午餐菜单

	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
Soup 汤	TomYumGung 冬阴功汤	Potato Leek Soup 土豆大葱汤	Pork Ribs Lotus Soup 排骨莲藕汤	Burgem Fish Soup 奶油鱼汤	Chicken Noodle Soup 鸡丝面汤
Asian Dish 亚洲餐	Chicken Drum Stick 炖小鸡腿	Soya Pork with Sesame Oil 豉油芝麻香油猪肉	Sweet and Sour Chicken 咕噜鸡	ShanXi Pork 山西炖肉	Chicken Wing Stew with Coke 可乐炖鸡翅
	Bok Choy and Shitake Mushroom 炒香菇油菜	Sauteed Shitake Mushroom and Bamboo Carrot 烧二冬	Sautéed Celery and Lily 西芹百合	Choy Sum 菜心	Sauteed Chinese Asparagus Carrot Black Mushroom 炒莴笋木耳胡萝卜
	Steam Rice 米饭	Steam Rice 米饭	Steam Rice 米饭	Steam Rice 米饭	Steam Rice & Wild Rice 野米饭
Western Dish 西餐	Stir Fry Sliced Pork Mushroom Sauce Zurich 瑞士蘑菇汁烩猪肉片	Sauteed Tofu with Minced Beef 炒牛肉末豆腐	Oven Baked Fish Fillet with Herb Crust 香草碎烤鱼	Mini Chicken Patty 烤迷你鸡肉饼	German Beef Goulash 德式烩古拉什牛肉
	Grill Zucchini and Carrot with Herb 香草西葫芦胡萝卜条	Broccoli Gratin 白汁焗西兰花	Zucchini Pumpkin Pepper 香草扒西葫芦青椒南瓜	Zucchini Cauliflower Gratin 奶油焗菜花	Sauteed Bean Baby Corn Carrot 甜豆/玉米笋/胡萝卜
	Baked Potato 焗土豆	Grilled Parsley Potato 扒香菜土豆	Aloo Jerra 咖喱土豆	Baked Potato Wedge 烤土豆角	Roast Potato Chip 烤土豆条
Noodle Station	HongKang Style Wonton Soup 港式云吞面	XIAN Noodle with LaoMa Family Lamb Stew 西安老马家羊肉泡馍	Traditional SiChuan DanDan Noodle 四川担担面	Noodle with Roast Duck 香烤鸭腿面	Traditional Beijing Pork Bean Paste Noodle 经典北京炸酱面
Special 特色			Chicken Sandwiches with French fries 鸡肉三明治炸薯条		
Fruit 饮料	Fruit 水果				
Salad Bar 沙拉吧	Daily Salad Bar 每日沙拉吧				