

## 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
<b>Soup</b> 汤	<b>Beef Vegetable Soup</b> 中式牛肉蔬菜汤	<b>Pumpkin Soup</b> 南瓜汤	<b>Chicken Broth</b> 鸡肉蔬菜清汤	<b>Borsch</b> 莫斯科红菜汤	<b>Duck Soup</b> 老鸭汤
<b>Asian Dish</b> 亚洲餐	<b>Soya Braised Pork with Potato</b> 土豆红烧肉	<b>Sauteed Chicken with Mushroom</b> 炒鸡肉滑子菇	<b>Sauteed Pork HuNan Style</b> 湖南小炒肉	<b>Chicken Stew with Mushroom</b> 香菇炖鸡	<b>Chicken Yakitori</b> 日式酱油鸡
	<b>Sauteed Long Bean with Chili</b> 干煸豇豆	<b>Sauteed Green Chili</b> 虎皮尖椒	<b>Sauteed Spinach and Egg</b> 炒菠菜鸡蛋	<b>Soya Sauteed Tofu</b> 红烧日本豆腐	<b>Sauteed Celery and Lily</b> 炒西芹百合
	<b>Steam Rice</b> 米饭	<b>Steam Rice</b> 米饭	<b>Steam Rice</b> 米饭	<b>Steam Rice</b> 米饭	<b>Steam Rice</b> 米饭
<b>Western Dish</b> 西餐	<b>Roast Chicken Siciliana</b> 西西里烤鸡胸	<b>Brat Wurst</b> 煎香肠	<b>Soya Stew ShangHai Style Duck leg</b> 上海酱鸭腿	<b>Beef &amp; Pork Lasagna</b> 意大利肉酱千层面	<b>Pan-fried Snapper with Lemon Sauce</b> 香煎鲷鱼柳
	<b>Grill Mix Vegetable</b> 扒什锦蔬菜	<b>Sauteed Colorful Pepper</b> 扒彩椒	<b>Roast Vegetable</b> 烤蔬菜	<b>Pumpkin Vegetable Gratin</b> 焗南瓜蔬菜	<b>Roast Shallot and Cherry Tomato</b> 烤小洋葱圣女果
	<b>Roast Potato</b> 烤土豆	<b>Roast Pumpkin</b> 烤南瓜	<b>Baked Sweet Potato</b> 焗白薯	<b>Potato Gratin with Mushroom</b> 奶油焗土豆蘑菇	<b>Roast Potato Chip</b> 烤土豆条
<b>Noodle Station</b>	<b>Traditional SiChuan Chicken Noodle with Chili</b> 麻辣鸡丝面	<b>Grilled Chinese Noodle with Pork and Vegetable</b> 中式铁板蔬菜猪肉面	<b>TaiWan DanZai Noodle</b> 台湾蛋仔面	<b>Traditional SiChuan DanDan Noodle</b> 四川担担面	<b>Cantonese Grandma BBQ Pork Noodle</b> 广式阿婆叉烧猪肉面
<b>Fruit</b> 饮料	Fruit 水果				
<b>Salad Bar</b> 沙拉吧	Daily Salad Bar 每日沙拉吧				

<b>Nutritional Facts</b> 营养分析:	<b>Energy (Kcal)</b> 852	<b>Protein (g)</b> 33	<b>Carbohydrate (g)</b> 108	<b>Fat (g)</b> 32	<b>Salt(mg)</b> 2511
<b>Nutritional Recommendation:</b> 营养摄入建议	<b>Energy (Kcal)</b> 900	<b>Protein (g)</b> 35	<b>Carbohydrate (g)</b> 113	<b>Fat (g)</b> 34	<b>Salt(mg)</b> 2400

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	Roast Potato 烤土豆	Roast Pumpkin 烤南瓜	Baked Sweet Potato 焗白薯	Potato Gratin with Mushroom 奶油焗土豆蘑菇	Roast Potato Chip 烤土豆条
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