

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 | Chicken soup 菜丝鸡汤 | Tomato Eggs soup 番茄鸡蛋汤 | Mashed Potato Soup 土豆泥汤 | Pumpkin Soup 南瓜汤 | Minestrone Soup 意式蔬菜汤 |
| Asian Dish 亚洲餐 | Roast Chicken Wings with BBQ sauce 烧烤酱烤鸡翅 | Sweet sour Pork Ribs 糖醋排骨 | Sauteed Tofu with Minced Beef 炒牛肉末豆腐 | Thai style Chicken 泰国鸡肉 | Curry Chicken 咖喱鸡 |
| | Eggplants with Garlic 蒜茸茄子 | Sauteed Shitake Mushroom and Bamboo Carrot 烧二冬 | Choy Sum 菜心 | Sauteed Chinese Asparagus Carrot Black Mushroom 炒莴笋木耳胡萝卜 | Bok Choy and Shitake Mushroom 炒香菇油菜 |
| | Steam Rice 米饭 | Steam Rice with Red Bean 红豆米饭 | Steam Rice 米饭 | Steam Rice & Couscous 二米饭 | Steam Rice 米饭 |
| Western Dish 西餐 | Grilled Pork with sesame sauce 芝麻酱烤肉 | Stir fry Chicken legs with vegetables 黄焖鸡腿肉 | Chicken Nuggets 炸鸡块 | Beef Goulash 匈牙利炖牛肉 | Cabbage Rolls 白菜卷 |
| | Broccoli Gratin 白汁焗西兰花 | Grill Zucchini and Carrot with Herb 香草西葫芦胡萝卜条 | Stir fry Garlic Spinach 炒菠菜 | Zucchini Cauliflower Gratin 奶油焗菜花 | Sauteed Bean Baby Corn Carrot 甜豆/玉米笋/胡萝卜 |
| | Parsley Potato 香菜土豆 | Baked Potato 焗土豆 | Potato Lyonnaise 洋葱炒土豆 | Sweet Potato 烤红薯 | Roast Small Potatoes 烤小土豆 |
| Noodle Station | Tomato Pork Noodle soup 番茄肉面 | Shangxi Noodles 陕西臊子面 | Fried Noodles with Beef and black pepper 黑椒牛柳面 | Chongqing Noodles 重庆面 | Pork Ribs Noodles 排骨面 |

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| Drink&Fruit 饮料/水果 | Fruit / Water 水果 / 水 |
| Salad Bar 沙拉吧 | Daily Salad Bar 每日沙拉吧 |

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

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| Nutritional Facts 营养分析: | Energy (Kcal) 458 | Protein (g) 21 | Carbohydrate (g) 66 | Fat (g) 23 | Salt(mg) 1389 |
| Nutritional Recommendation: 营养摄入建议 | Energy (Kcal) 430 | Protein (g) 22 | Carbohydrate (g) 61 | Fat (g) 20 | Salt(mg) 2390 |