

SCHOOL LUNCH

学生餐

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 第一周	Mushroom Soup 蘑菇汤	Pasta Salad 螺丝粉沙拉	Chicken Sausasage Salad 鸡肉香肠沙拉	Minestrone 意式蔬菜汤	Couscous 摩洛哥米沙拉
	Penne Pasta Boscaiola with Cauliflower 青豆直身通心粉配黄油椰菜花	Fish Fingers and Tartar sauce with Grilled Tomato 手指鱼配它它汁配烤番茄	Stir-fried Noodles with Beef with Baby Cabbage 牛肉炒意粉配蒜香娃娃菜	Confit de Canard with Spinach 油封鸭腿配奶油菠菜	Roasted Chicken and grilled veggies (Zucchini, Eggplant, Bell Peppers) 烤鸡翅根配扒蔬菜 (西葫芦, 茄子, 甜椒)
	Watermelon Salad 西瓜沙拉	Yoghurt mousse 酸奶慕斯布丁	Banana Pie 香蕉派	Fruit salad 水果沙拉	Tiramisu 提拉米苏
WEEK 2 第二周	Russian Rice Salad 俄式米饭沙拉	Pumpkin Soup 南瓜汤	Garden Salad 田园沙拉	German Potato Salad 德式土豆沙拉	Chestnut Soup 板栗汤
	Milk Boiled Halibut Fillets with Creamed Spinach 白汁浸龙利鱼柳配菠菜	Macaroni and Cheese with Cauliflower 奶油芝士意大利面配黄油椰菜花	Udon Noodles with Beef, Veg and Oyster Sauce and Baby Cabbage 蚝油牛柳蔬菜炒冬配蒜香娃娃菜	Light Chicken Curry and Rice 儿童咖喱鸡肉饭	Grilled Sausages and Mash with Roasted Pumpkin 烤香肠配土豆泥配蜂蜜烤南瓜
	Chocolate Mousse 巧克力慕斯	Fruits salad 水果沙拉	Tiramisu 提拉米苏	Yogurt mousse 酸奶慕斯布丁	Apple pie 苹果派
WEEK 3 第三周	Corn Salad 玉米粒沙拉	Potato and Leek Soup 葱香土豆汤	Tomato, Lettuce Sandwich 番茄生菜三明治	Creamy Carrot Soup 胡萝卜浓汤	Garden Salad 田园沙拉
	Cream and Mushroom Pasta with Broccoli 奶油蘑菇烤意面配黄油西兰花	Sweet and Sour Sole Fish Nuggets with Grilled Tomato 炸鱼柳配酸甜汁配烤番茄	Lasagna with Roasted Pumpkin 千层面配蜂蜜烤南瓜	Grilled Chicken Wings with Grilled Vegetables 烤鸡中翅 配扒蔬菜	Pizza Tray with Cream Mushroom 玛格丽特披萨配奶油蘑菇
	Madelaine Sponge cake 海绵蛋糕	Chocolate Mousse 巧克力慕斯	Fruits Salad 水果沙拉 (汁放旁边)	Yogurt Mousse 酸奶慕斯布丁	Vanilla Sabayon and Cream Cake 香草奶油冻糕