



# BIBA ECC Lunch Menu MAY 2018



	Monday	Tuesday	Wednesday 2	Thursday 3	Friday 4
<b>Soup</b>			<b>Purple rice Porridge</b> 紫米粥	<b>Tofu and Fungus Soup</b> 木耳豆腐羹	<b>Tomato and Egg Soup</b> 番茄蛋汤
<b>Lunch Menu</b>			<b>BBQ Pork</b> 烧烤猪梅花肉 <b>Sweet Corn</b> 黄油玉米粒 <b>Chicken with Tomato Sauce</b> 茄汁鸡丁 <b>Fried Chinese Cabbage with Vinegar</b> 醋溜白菜 <b>Steamed Rice</b> 米饭	<b>Italian Chicken Mushroom Gravy</b> 意大利烤鸡胸蘑菇汁 <b>Mixed Vegetables</b> 混合时蔬 <b>Braised Beef with Turnip</b> 萝卜炖牛肉 <b>Sautéed Potato Juliennes</b> 彩椒土豆丝 <b>Steamed Rice</b> 米饭	<b>Pasta with Bacon Tomato Sauce</b> 意面番茄培根酱 <b>Broccoli With Carrot</b> 西兰花炒胡萝卜 <b>Egg Custard and Beef</b> 牛肉末蒸鸡蛋 <b>Fried or Vegetables</b> 炒合菜 <b>Rice</b> 米饭



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	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Soup	<b>Seaweed and Egg Soup</b> 紫菜蛋汤	<b>Green Pea Congee</b> 绿豆粥	<b>pumpkin Soup</b> 中式南瓜汤	<b>Mullet Rice Congee</b> 小米粥	<b>PTC</b> <b>No School Day</b> 家长会 学生不到校
Lunch Menu	<b>Milan Shicken Stew</b> 米兰烩鸡肉 <b>Steam Carrot and Butter</b> 黄油胡萝卜 <b>Braised Pork With Kelp</b> 中式烧猪肉海带 <b>Scramble Egg With Tomato</b> 番茄炒蛋 <b>Steamed Rice</b> 米饭	<b>Beef Goulash</b> 匈牙利牛肉 <b>Potato Gratin</b> 奶油芝士局土豆 <b>Steamed Pork Roll</b> 自制猪肉龙 <b>Broccoli With Garlic</b> 蒜蓉西兰花 <b>Chinese Vegetable Fried Rice</b> 中式蔬菜炒饭	<b>Pasta With Bolognese</b> 意面牛肉酱 <b>Ratatouille</b> 番茄烩时蔬 <b>Scramble Egg With Shrimps</b> 滑蛋虾仁 <b>Hot potato</b> 酸溜土豆丝 <b>Steamed Rice</b> 米饭	<b>Sunny Veggies chickenCheese pizza</b> 田园芝士鸡肉披萨 <b>Broccoli</b> 西兰花 <b>Sichuan Braised Pork</b> 鱼香肉丝 <b>Sautéed Chinese Green</b> 清炒油菜 <b>Steamed Mixed Grain Rice</b> 杂粮米饭	



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	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
<b>Soup</b>	<b>Tomato Soup</b> 番茄汤	<b>Mixed Beef Soup</b> 西湖牛肉羹	<b>Sweet Potato Porridge</b> 红薯粥	<b>White Radish Soup with Dry Shrimps</b> 海米白萝卜汤	<b>Egg Drop Soup</b> 蛋花汤
<b>Lunch Menu</b>	<b>Milan Beef Stew</b> 米兰烩牛肉 <b>Carrots in olive oil</b> 橄榄油炒胡萝卜 <b>Steamed Lamb and Carrot Dumpling</b> 羊肉胡萝卜蒸饺 <b>Cauliflower With Tomato Sauce</b> 茄汁菜花 <b>Rice</b> 米饭	<b>Grilled Ham and Cheese Sandwich</b> 煎火腿奶酪三文治 <b>Broccoli with Garlic</b> 蒜蓉西兰花 <b>Curry Beef</b> 咖喱牛肉 <b>Green Peas with Vegetables</b> 菜丁青豆 <b>Steamed Rice</b> 米饭	<b>Bolognese Baked Pasta</b> 牛肉酱焗面 <b>Mixed Vegetables</b> 混合时蔬 <b>Red Roast Pork Balls</b> 红烧猪肉彩椒 <b>Sautéed Chinese Green</b> 清炒油菜 <b>Steamed Rice</b> 米饭	<b>Seafood Pizza</b> 海鲜披萨 <b>Green Peas with Mixed Vegetables</b> 蔬菜炒三丁 <b>Steamed Chicken with Black Bean Sauce</b> 豉香味蒸鸡 <b>Cabbage</b> 清炒圆白菜 <b>Mixed Fried Rice</b> 什锦炒饭	<b>Stewed Chicken with Cream Mushrooms</b> 奶油蘑菇烩鸡 <b>Mixed Vegetables</b> 混合时蔬 <b>Braised Pork with Teriyaki Sauce</b> 日式酱汁焖猪肉 <b>Beijing Style Braised Eggplant</b> 北京风味烩茄子 <b>Steamed Rice</b> 米饭



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	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
<b>Soup</b>	<b>Red Bean Tremella Soup</b> 红豆银耳羹	<b>Purple Rice porridge</b> 紫米粥	<b>Minestrone Soup</b> 意式蔬菜汤	<b>Leek and potato Soup</b> 大葱土豆汤	<b>Hot Pear Water</b> 梨汤
<b>Lunch Menu</b>	<b>Chicken Coconut Curry</b> 椰汁咖喱鸡肉 <b>Mixed Vegetables</b> 混合时蔬 <b>Sautéed pork With Vegetable Ttofu</b> 蔬菜猪肉丁烧豆泡 <b>Fresh Cabbage</b> 醋溜白菜 <b>Steamed Rice</b> 米饭	<b>BBQ Duck</b> 蜜汁烤鸭肉 <b>Tomato Cauliflower Gratin</b> 奶油焗番茄菜花 <b>Stewed Bamboo Shoot with Fillet Steak</b> 冬笋烧牛肉 <b>Poached Vegetable Heart</b> 白灼菜心 <b>Steamed Rice</b> 米饭	<b>Steamed Meat (beef) Carrots Dumpling</b> 中式牛肉胡萝卜蒸饺 <b>Sweet Corn</b> 清炒玉米粒 <b>Braised Pork with kelp</b> 中式烧猪肉海带 <b>Braised Winter Melon</b> 烧冬瓜 <b>Steamed Mixed Grain Rice</b> 杂粮米饭	<b>French lardon Bacon Pizza</b> 法式培根披萨 <b>Green Peas With Mixed Vegetables</b> 时蔬炒青豆 <b>Egg Custard with Beef mushroom</b> 香菇牛肉鸡蛋羹 <b>Garlic and Cumin Cauliflower</b> 蒜香孜然菜花 <b>Steamed Rice</b> 二米饭	<b>Poulette Rôtie (French Style Roasted Chicken)</b> 法式烤鸡 <b>Ratatouille</b> 番茄烩时蔬 <b>Braised Beef with Teriyaki Sauce</b> 照烧牛肉 <b>Celery with dry Bean Curd</b> 香干芹菜 <b>Steamed Rice</b> 米饭



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	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday
Soup	<b>Corn Soup</b> 玉米羹	<b>Tomato Egg Soup</b> 番茄鸡蛋汤	<b>Ream potato Soup</b> 奶油土豆汤	<b>Tofu and Fungus Soup</b> 木耳豆腐羹	
Lunch Menu	<b>Roasted Pork With Gravy</b> 烤猪肉烧汁 <b>Green Peas &amp; Carrots</b> 青豆胡萝卜 <b>Sautéed Beef with Vegetable</b> 蔬菜炒牛肉 <b>Scramble Egg with Tomato</b> 番茄炒蛋 <b>Steamed Rice</b> 米饭	<b>Chicken Fricassee Stew</b> 奶油烩鸡肉 <b>Mixed Vegetables</b> 混合时蔬 <b>Braised Pork With Egg (Egg, pork)</b> 元宝蛋猪烧猪肉 (鹌鹑蛋、猪肉) <b>Cole With Black Mushroom</b> 香菇油菜 <b>Steamed Red Bean Rice</b> 红豆米饭	<b>Pasta Carbonara</b> 意面培根汁 <b>Sautéed Broccoli</b> 炒西兰花 <b>Braised Beef With Turnip</b> 萝卜炖牛肉 <b>Bok Choy</b> 葱油炒菜心 <b>Fried Rice with Mixed Vegetable</b> 什锦炒饭	<b>HomeMad Chicken Balls with Onion Sauce</b> 自制鸡肉丸配洋葱汁 <b>Mixed Peas</b> 清炒混合豆 <b>Green Pepper Beef</b> 蚝油牛肉青椒 <b>Lettuce Root</b> 清炒莴笋 <b>Steamed Rice</b> 米饭	