



BIBA ECC Lunch Menu MAY 2018

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



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



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



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



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