

# BIBA MS&HS Lunch Menu

## MAY 2018

	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
<b>Soup</b>			<b>Purple rice Porridge</b> 紫米粥	<b>Hot and Sour Soup</b> 酸辣汤	<b>Tomato and Egg Soup</b> 番茄蛋汤
<b>Menu (A) Western</b>			<b>BBQ Pork</b> 烧烤猪梅花肉 <b>Sweet Corn</b> 黄油玉米粒 <b>Creamy Mashed Potato and Cheese</b> 芝士焗土豆泥	<b>Italian Chicken Mushroom Gravy</b> 意大利烤鸡蘑菇汁 <b>Mixed Vegetables</b> 混合时蔬 <b>Garlic Bread</b> 蒜蓉面包	<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>Potato Wedges</b> 薯角
<b>Menu (B) Asian</b>			<b>Sichuan style stir-fry Chicken</b> 四川风味宫爆鸡丁 <b>Fried Chinese Cabbage with Vinegar</b> 醋溜白菜 <b>Steamed Rice</b> 米饭	<b>Braised Beef with Turnip</b> 萝卜炖牛肉 <b>Sautéed Potato Juliennes</b> 酸辣土豆丝 <b>Steamed Rice</b> 米饭	<b>Boiled Beef with Chili</b> 水煮牛肉 <b>Fried Vermicelli with Vegetables</b> 中式炒合菜 <b>Steamed Rice</b> 米饭
<b>Daily Special</b>			<b>Teriyaki Beef with Rice</b> 日式牛肉饭	<b>Bao Zai Rice</b> 腊肠煲仔饭	<b>Steamed Vegetable Dumpling</b> 中式素蒸饺
<b>Daily vegetarian</b>			<b>Japanese Fried vegetable with Rice</b> 日式蔬菜饭	<b>Bao Zai Rice (V)</b> 时蔬煲仔饭	<b>Chinese steamed vegetable dumpling</b> 中式素蒸饺
<b>Drinks Salad Bar</b>			<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉

Each Set Meal Comes With: Soup + Menu A/Menu B/Menu C+ Salad + Drink(v) Vegetarian Dish

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## MAY 2018

	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
<b>Soup</b>	<b>Seaweed and Egg Soup</b> 紫菜蛋汤	<b>Green Pea Congee</b> 绿豆粥	<b>Pumpkin Soup</b> 南瓜汤	<b>Mullet Rice Congee</b> 小米粥	<b>Chinese style Cabbage and Vermicelli Soup</b> 白菜粉丝汤
<b>Menu (A) Western</b>	<b>Green Curry Chicken</b> 泰式烩绿咖喱鸡 <b>Baked Potato with Herb and Cream</b> 烤土豆配香草奶油 <b>Steam Carrot and Butter</b> 黄油胡萝卜	<b>Beef Goulash</b> 匈牙利牛肉 <b>Potato Gratin</b> 奶油芝士焗土豆 <b>French Green Peas</b> 洋葱炒青豆	<b>Pasta with Bolognese</b> 意面牛肉酱 <b>Mixed Vegetable</b> 混合时蔬 <b>Garlic Bread</b> 蒜茸面包	<b>Fried fish</b> 英式炸鱼 <b>French fries</b> 炸薯条 <b>broccoli</b> 西兰花	<b>Beef Stroganoff</b> 俄式烩牛肉 <b>Corn with Kidney Beans</b> 玉米粒腰豆 <b>Spinach and Onion Frittata</b> 菠菜洋葱芝士蛋饼
<b>styleMenu (B) Asian</b>	<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>Steamed Spicy Fish</b> 剁椒风味鱼块 <b>Broccoli with Garlic</b> 蒜蓉西兰花 <b>Vegetable Fried Rice</b> 中式蔬菜炒饭	<b>Stir-fried Chicken with Kimchee</b> 辣白菜炒鸡片 <b>Hot potato</b> 酸溜土豆丝 <b>Steamed Rice</b> 米饭	<b>Sichuan Fried pork with Veggies</b> 鱼香肉丝 <b>Sautéed Chinese Green</b> 清炒油菜 <b>Steamed Mixed Grain Rice</b> 杂粮米饭	<b>Pork with Soy bean Sauce</b> 豉香辣味猪肉丁 <b>Spicy Cabbage</b> 手撕包菜 <b>Steamed Rice</b> 米饭
<b>Daily Special</b>	<b>ChongQing Beef Noodles</b> 重庆风味牛肉小面	<b>Korean Bibimbap</b> 韩式拌饭	<b>Spicy Braised Pork with Rice</b> 辣味东坡卤肉饭	<b>Sunny Veggies and Beef Pizza</b> 田园芝士牛肉披萨	<b>Sichuan Style Noodles</b> 四川辣味素担担面
<b>Daily vegetarian</b>	<b>ChongQing Noodles</b> 重庆风味小面	<b>Korean style Bibimbap</b> 韩式拌饭	<b>Spicy Braised Vegetable with Rice</b> 辣味蔬菜饭	<b>Sunny Veggies Cheese Pizza</b> 田园芝士披萨	<b>Sichuan Style Noodles</b> 四川辣味素担担面
<b>Drinks Salad Bar</b>	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉

Each Set Meal Comes With: Soup + Menu A/Menu B/Menu C+ Salad + Drink(v) Vegetarian Dish

# BIBA MS&HS Lunch Menu

## MAY 2018

	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>Turnip Soup with Dry Shrimps</b> 海米白萝卜汤	<b>Egg Drop Soup</b> 蛋花汤
<b>Menu (A) Western</b>	<b>Milan Beef Stew</b> 米兰烩牛肉 <b>Butter Carrot</b> 黄油胡萝卜 <b>Mashed Potato</b> 土豆泥	<b>BBQ Mid-Eastern pork Tenderloin</b> 中东烤猪肉 <b>Corn on Cob</b> 甜玉米棒 <b>Broccoli with Garlic</b> 蒜蓉西兰花	<b>Bolognese Baked Pasta</b> 牛肉酱焗面 <b>Garlic Bread</b> 蒜蓉面包 <b>Mixed Vegetables</b> 混合时蔬	<b>Seafood pizza</b> 海鲜披萨 <b>Marguerite Pizza [V]</b> 芝士披萨 <b>Green Peas with Mushrooms</b> 蘑菇炒青豆	<b>Stewed Chicken with Cream Mushrooms</b> 奶油蘑菇烩鸡 <b>Mixed Vegetables</b> 混合时蔬 <b>Baked Potato with Cheese</b> 芝士焗土豆饼
<b>Menu (B) Asian</b>	<b>Braised Pork with Mushroom</b> 红烧猪肉香菇 <b>Cauliflower with Tomato Sauce</b> 茄汁菜花 <b>Rice</b> 米饭	<b>Curry Beef</b> 咖喱牛肉 <b>Green Peas with Vegetables</b> 清炒蔬菜菜三丁 <b>Steamed Rice</b> 米饭	<b>Kim Chee Pork</b> 韩式辣白菜炒猪肉 <b>Sautéed Chinese Green</b> 清炒油菜 <b>Steamed Rice</b> 米饭	<b>Steamed Chicken with Soy Bean Sauce</b> 豉香辣味蒸鸡 <b>Cabbage</b> 手撕包菜 <b>Mixed Fried Rice</b> 什锦炒饭	<b>Braised Pork with Soy Sauce</b> 红烧猪肉 <b>Beijing Style Braised Eggplant</b> 北京风味烩茄子 <b>Steamed Rice</b> 米饭
<b>Daily Special</b>	<b>Korean Fried Rice Cake</b> 韩式炒年糕	<b>Grilled Ham and Cheese Sandwich</b> 煎火腿奶酪三文治	<b>Hong Kong Style Fried Beef Noodles</b> 港式黑椒牛肉炒河粉	<b>Beijing Noodles with Pork Bean Paste</b> 老北京猪肉炸酱面	<b>Steamed Meat (Beef) Roll</b> 中式牛肉龙
<b>Daily vegetarian</b>	<b>Korean Fried Rice Cake</b> 韩式炒年糕	<b>Grilled Cheese Sandwich</b> 煎奶酪三文治	<b>Hong Kong Style Fried Vegetable Noodles</b> 港式黑椒蔬菜炒河粉	<b>Beijing Noodles with Egg Bean Paste</b> 老北京鸡蛋炸酱面	<b>Steamed Bun with Leek</b> 葱香花卷
<b>Drinks Salad Bar</b>	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉

Each Set Meal Comes With: Soup + Menu A/Menu B/Menu C+ Salad + Drink(v) Vegetarian Dish

# BIBA MS&HS Lunch Menu

## MAY 2018

	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>Menu (A) Western</b>	<b>Red wine Stewed Beef</b> 红酒烩牛肉 <b>Mixed Vegetables</b> 混合时蔬 <b>Baked Potato with Herb and Cream</b> 烤土豆配香草奶油	<b>BBQ Duck</b> 蜜汁烤鸭肉 <b>Tomato Cauliflower Gratin</b> 奶油焗番茄菜花 <b>Mashed Potato</b> 土豆泥	<b>Provence Style Beef Stew</b> 普罗旺斯烩牛肉 <b>Sweet Corn</b> 黄油玉米粒 <b>Broccoli &amp; Carrot</b> 清炒西兰花胡萝卜	<b>French bacon Pizza</b> 法式培根披萨 <b>Marguerite Pizza [V]</b> 芝士披萨 <b>Green Peas with Mixed Vegetables</b> 时蔬炒青豆	<b>Poulette Rôtie (French Style Roasted Chicken)</b> 法式烤鸡 <b>Roasted Potatoes</b> 烤土豆 <b>Ratatouille</b> 番茄烩时蔬
<b>Menu (B) Asian</b>	<b>Sautéed Pork with Vegetable Tofu</b> 什锦蔬菜猪肉丁烧豆泡 <b>Cabbage in Soy Bean Sauce</b> 豉香味白菜 <b>Steamed Rice</b> 米饭	<b>Stewed Bamboo Shoot with Fillet Steak</b> 冬笋辣味烧牛肉 <b>Poached Vegetable Heart</b> 白灼菜心 <b>Steamed Rice</b> 米饭	<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>Dry Fish</b> 干烧鱼块 <b>Garlic and Cumin Cauliflower</b> 蒜香孜然菜花 <b>Steamed Rice</b> 二米饭	<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
<b>Daily Special</b>	<b>Chicken in Spicy Coconut Curry and Rice</b> 辣味椰汁咖喱鸡肉饭	<b>Whole Wheat Ham &amp; Cheese Panini with Vegetables</b> 全麦火腿奶酪帕尼尼配蔬菜	<b>Beijing Noodle with Tomato Egg Sauce</b> 番茄鸡蛋打卤面	<b>Hong Kong Pineapple Beef Fried Rice</b> 港式菠萝牛肉碎炒饭	<b>Fresh Vegetable Cheese Sandwich</b> 健康蔬菜芝士三明治
<b>Daily vegetarian</b>	<b>Thai Curry Vegetable rice</b> 咖喱蔬菜饭	<b>Whole Wheat Cheese Panini with Vegetables</b> 全麦奶酪帕尼尼配蔬菜	<b>Beijing Noodle with Tomato Egg Sauce</b> 番茄鸡蛋打卤面	<b>Hong Kong Pineapple Fried Rice</b> 港式菠萝炒饭	<b>Fresh Vegetable Sandwich</b> 健康蔬菜三明治
<b>Drinks Salad Bar</b>	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉

Each Set Meal Comes With: Soup + Menu A/Menu B/Menu C+ Salad + Drink(v) Vegetarian Dish

	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday
<b>Soup</b>	<b>Corn Soup</b> 玉米羹	<b>Tomato Egg Soup</b> 番茄鸡蛋汤	<b>Cream Potato Soup</b> 奶油土豆汤	<b>Tofu and Fungus Soup</b> 木耳豆腐羹	
<b>Menu (A) Western</b>	<b>Roasted Pork with Gravy</b> 烤猪肉烧汁 <b>Green Peas &amp; Carrots</b> 青豆胡萝卜 <b>Potato Wedges</b> 薯角	<b>Chicken Fricassee Stew</b> 奶油烩鸡肉 <b>Roasted Potato</b> 烤土豆 <b>Mixed Vegetables</b> 混合时蔬	<b>Pasta Carbonara</b> 意面培根汁 <b>Sautéed Broccoli</b> 炒西兰花 <b>Garlic Bread</b> 蒜蓉面包	<b>Japanese Teriyaki Chicken</b> 日式烤鸡配酱汁 <b>Mixed Peas</b> 黄油炒混合豆 <b>Mashed potatoes</b> 奶香土豆泥	
<b>Menu (B) Chinese</b>	<b>Sautéed Beef with Cumin (Beef, onion)</b> 孜然牛肉 (牛肉、洋葱) <b>Scramble Egg with Tomato</b> 番茄炒蛋 <b>Steamed Rice</b> 米饭	<b>Braised Pork With Egg (Egg, pork)</b> 元宝蛋烧猪肉 (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>Braised Beef with Turnip</b> 萝卜炖牛肉 <b>Bok Choy</b> 炒菜心 <b>Fried Rice with Mixed Vegetable</b> 什锦炒饭	<b>Black Pepper Beef</b> 黑椒牛肉 <b>Lettuce Root</b> 清炒莴笋 <b>Chinese Noodles</b> 中式炒面	
<b>Daily Special</b>	<b>Pepperoni &amp; Cheese Panini</b> 意式风干肠奶酪帕尼尼	<b>Pea Beef sauce Noodles</b> 豌豆酱牛肉杂面	<b>Homemade Ham and Cheese Sandwich</b> 自制火腿芝士三明治	<b>Cheese Pizza</b> 素芝士披萨	
<b>Daily vegetarian</b>	<b>Cheese Panini</b> 芝士帕尼尼	<b>Pea sauce Noodles</b> 豌豆酱杂面	<b>Homemade Cheese Sandwich</b> 自制芝士三明治	<b>Cheese Pizza</b> 素芝士披萨	
<b>Drinks Salad Bar</b>	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Milk/Yogurt</b> 牛奶/酸奶 <b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	

Each Set Meal Comes With: Soup + Menu A/Menu B/Menu C+ Salad + Drink(v) Vegetarian Dish