



# BIBA ECC Lunch Menu 2018



	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<b>Soup</b>	<b>Tofu and Fungus Soup</b> 木耳豆腐羹	<b>Corn Soup</b> 玉米羹	<b>Purple rice Porridge</b> 紫米粥	<b>Ream potato Soup</b> 奶油土豆汤	<b>Tomato and Egg Soup</b> 番茄蛋汤
<b>Lunch Menu</b>	<b>Roasted Tandoori pork</b> 咖喱烤猪肉 <b>Mashed potatoes</b> 奶香土豆泥 <b>Sautéed Beef with Cumin (Beef, onion)</b> 孜然牛肉 (牛肉、洋葱) <b>Lettuce Root</b> 清炒莴笋 <b>Steamed Rice</b> 米饭	<b>Bolognaise Baked Pasta</b> 牛肉酱焗面 <b>Cauliflower and tomato with Garlic</b> 蒜蓉白菜花小西红柿 <b>Soft Fried shrimp</b> 软炸虾仁 <b>Scramble Egg with Tomato</b> 番茄炒蛋 <b>Steamed Rice</b> 米饭	<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



# BIBA ECC Lunch Menu 2018



	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
<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> 中式南瓜汤	<b>Minestrone Soup</b> 意式蔬菜汤	<b>Chinese Cabbage and Vermicelli Soup</b> 白菜粉丝汤
<b>Lunch Menu</b>	<b>Milan chicken Stew</b> 米兰烩鸡肉 <b>Steam Carrot and Butter</b> 黄油胡萝卜 <b>Braised Pork with Bean curd</b> 中式烧猪肉豆腐 <b>Stirred Fried Rice Noodles with Cabbage</b> 包菜炒米粉 <b>Steamed Rice</b> 米饭	<b>Beef Goulash</b> 匈牙利牛肉 <b>Potato Gratin</b> 奶油芝士焗土豆 <b>Steamed Pork Roll</b> 自制猪肉龙 <b>Scramble Egg With Tomato</b> 番茄炒蛋 <b>Chinese Vegetable Fried Rrice</b> 中式蔬菜炒饭	<b>Pasta With Bolognaise</b> 意面牛肉酱 <b>Ratatouille</b> 番茄烩时蔬 <b>Oyster sauce pork</b> 蚝油猪肉片 <b>Hot potato</b> 酸溜土豆丝 <b>Steamed Rice</b> 米饭	<b>Sunny Veggies</b> <b>Beef Cheese pizza</b> 田园芝士牛肉披萨 <b>Cauliflower and Tomato</b> 菜花炒小西红柿 <b>Sweet and sour chicken</b> 酸甜鸡肉丝 <b>Sautéed Chinese Green</b> 清炒油菜 <b>Steamed Mixed Grain Rice</b> 杂粮米饭	<b>Beef Stroganoff</b> 俄式烩牛肉 <b>Corn with red Beans</b> 玉米粒腰豆 <b>Braised Pork and Bean curd</b> 小炖肉烩腐竹 <b>Broccoli and Carrot with Garlic</b> 蒜蓉西兰花胡萝卜 <b>Steamed Rice</b> 米饭



# BIBA ECC Lunch Menu 2018

	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
<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>BBQ Mid-Eastern pork Tenderloin</b> 中东烤猪肉 <b>Broccoli with Garlic</b> 蒜蓉西兰花 <b>Curry Beef</b> 咖喱牛肉 <b>Green Peas with Vegetables</b> 菜丁毛豆 <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</b> 红烧猪肉彩椒 <b>Sautéed Chinese Green</b> 清炒油菜 <b>Steamed Rice</b> 米饭	<b>Tuna pizza</b> 金枪鱼肉披萨 <b>Green Peas with Mushrooms</b> 蘑菇炒青豆 <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>Chicken with Mushrooms stew</b> 蘑菇红烩鸡肉 <b>Mixed Vegetables</b> 混合时蔬 <b>Oyster sauce Beef</b> 蚝油牛肉片 <b>Beijing Style Braised Eggplant</b> 北京风味烩茄子 <b>Steamed Rice</b> 米饭



# BIBA ECC Lunch Menu 2018

	Monday 29	Tuesday 30	Wednesday 31	Thursday	Friday
<b>Soup</b>	<b>Hot Pear Water</b> 梨汤	<b>Purple Rice porridge</b> 紫米粥	<b>Minestrone Soup</b> 意式蔬菜汤		
<b>Lunch Menu</b>	<b>chicken Vegetable Pizza</b> 鸡肉蔬菜披萨 <b>Green Peas with Mixed Vegetables</b> 时蔬炒毛豆粒 <b>Cucumber stir-fried shrimp</b> 黄瓜炒虾仁 <b>Garlic and Cumin Cauliflower</b> 蒜香孜然菜花 <b>Steamed Rice</b> 二米饭	<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> 冬笋烧牛肉片 <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>Fried Cabbage in Black Bean sauce</b> 豆豉汁炒包菜 <b>Steamed Mixed Grain Rice</b> 杂粮米饭		