



BIBA Elementary School G3-G5 Menu 2018



	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Soup	Chinese Cabbage with Vermicelli Soup 白菜粉丝汤	Corn Soup 玉米羹	Purple rice Porridge 紫米粥	Tofu and Fungus Soup 木耳豆腐羹	Tomato and Egg Soup 番茄蛋汤
Menu (A) Western	Roasted Chicken with Mushroom Sauce 西式烤鸡蘑菇汁 Sautéed Mixed Beans 炒混合豆 Mashed Potatoes 鲜土豆泥	Braised Beef with Red Kidney Bean 红腰豆焖牛肉 Celery&Carrot 炒西芹胡萝卜 Corn on Cob 甜玉米棒	BBQ Pork 烧烤猪梅花肉 Sweet Corn 黄油玉米粒 Potato Gratin 芝士焗土豆	Hawaiian ham pineapple pizza 夏威夷火腿菠萝披萨 Cheese pizza 芝士披萨 Mixed Vegetables 混合时蔬	Baked Pasta with Bacon Tomato Sauce 焗意面番茄培根酱 Broccoli with Carrot 西兰花炒胡萝卜 Potato Wedges 薯角
Menu (B) Chinese	Sautéed Beef with Cumin (Beef, onion) 孜然牛肉 (牛肉、洋葱) Sautéed Lettuces Root 清炒莴笋 Steamed Rice 米饭	Fried Fish with Soy Sauce 红烧鱼块 Scramble Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	Chinese chicken wing 中式烩鸡翅 Fried Chinese Cabbage with Vinegar 醋溜白菜 Steamed Rice 米饭	Braised Beef with Turnip 萝卜炖牛肉 Sautéed Potato Juliennes 彩椒土豆丝 Steamed Rice 米饭	Boiled Beef 蚝油牛肉粒 Fried or Vegetables 中式炒合菜 Steamed Rice 米饭
Daily Special	Pepperoni & Cheese Panini 风干肠芝士帕尼尼	Pizza Margarita 芝士披萨	Teriyaki Beef with Rice 日式牛肉饭	BaoZai Rice 时蔬腊肠煲仔饭	New Orleans Roast Chicken Burger 奥尔良鸡肉汉堡
Salad Bar	Fresh Fruit and Salad 新鲜水果和沙拉	Fresh Fruit and Salad 新鲜水果和沙拉	Fresh Fruit and Salad 新鲜水果和沙拉	Fresh Fruit and Salad 新鲜水果和沙拉	Fresh Fruit and Salad 新鲜水果和沙拉
Drinks	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶



BIBA Elementary School G3-G5 Menu 2018



	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Soup	Seaweed and Egg Soup 紫菜蛋汤	Red Bean Congee 红豆粥	Pumpkin Soup 南瓜汤	Mullet Rice Congee 小米粥	Winter Melon and Vermicelli Soup 冬瓜粉丝汤
Menu (A) Western	Roasted Tandoori Chicken 印度烤鸡 Baked Potato with Herb and Cream 烤土豆配香草奶油 Steam Carrots Stick 胡萝卜条	Beef Goulash 匈牙利牛肉 French fries 炸薯条 Corn with red Beans 玉米粒腰豆	Pasta with Bolognese 意面牛肉酱 Ratatouille 番茄烩时蔬 Garlic Bread 蒜茸面包	Fried Fish with Tomato Sauce 炸鱼块番茄汁 Broccoli 蒜香西兰花 Roasted Potato 烤土豆	Beef Stroganoff 俄式烩牛肉 Creamy Cauliflower 奶油焗菜花 French Green Peas 炒青豆
Menu (B) Chinese	Braised Pork with kelp 中式烧猪肉海带 Cabbage 手撕包菜 Steamed Rice 米饭	Scramble egg with Shrimps 滑蛋虾仁 Broccoli with Garlic 蒜蓉西兰花 Chinese Vegetable Fried Rice 中式蔬菜炒饭	Stir-fried Chicken With Green Pepper 炒彩椒鸡片 Sautéed Chinese Green 清炒菜心 Steamed Mixed Grain Rice 杂粮米饭	Beef and Vegetable 牛肉碎炒蔬菜 Vegetable Fried Corn 时蔬玉米粒 Steamed Rice 米饭	Braised Pork and Bean curd 小炖肉烩腐竹 Scramble Egg With Tomato 番茄炒蛋 Steamed Rice 米饭
Daily Special	Pepperoni & Cheese Pizza 风干肠芝士披萨	Braised Pork With Rice 东坡卤猪肉饭	Homemade chocolate cake 自制巧克力蛋糕	Beijing Noodles with Pork Bean Paste 老北京猪肉炸酱面	Chicken Wrap 鸡柳卷
Salad Bar	Fresh Fruit and Salad 新鲜水果和沙拉	Fresh Fruit and Salad 新鲜水果和沙拉	Fresh Fruit and Salad 新鲜水果和沙拉	Fresh Fruit and Salad 新鲜水果和沙拉	Fresh Fruit and Salad 新鲜水果和沙拉
Drinks	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶



BIBA Elementary School G3-G5 Menu 2018



	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Soup	Cucumber & Egg Soup 黄瓜蛋汤	White Radish Soup with Dry Shrimps 海米白萝卜汤	Sweet Potato Porridge 红薯粥	Egg Drop Soup 蛋花汤	Mixed Beef Soup 西湖牛肉羹
Menu (A) Western	Grilled Chicken with Honey and Oregano 蜜汁香草烤鸡 Sautéed Celery with Bell Pepper 西芹炒彩椒 Mashed Potato 土豆泥	Tuna pizza 金枪鱼披萨 Marguerite Pizza [V] 芝士披萨 Green Peas with Mixed Vegetables 时蔬炒青豆	Baked Pasta with Bacon Tomato Sauce 焗意面番茄培根酱 Potato Wedges 薯角 Mixed Vegetables 混合时蔬	Curry chicken 咖喱鸡丁 Broccoli with corn 西兰花玉米粒 Baked Potato With Cheese 芝士焗土豆	BBQ Pork 蜜汁烤猪肉 Corn on Cob 甜玉米棒 Ratatouille 番茄烩时蔬
Menu (B) Chinese	Sautéed Pork With Mushroom 香菇炒肉 Cauliflower with Tomato Sauce 茄汁菜花 Rice 米饭	Oyster sauce Beef 蚝油牛肉片 Cabbage 手撕包菜 Mixed Fried Rice 什锦炒饭	Dry Fish 糖醋鱼块 Braised Winter Melon 烧冬瓜 Steamed Rice 米饭	Braised Pork With Teriyaki Sauce 红烧猪肉 Beijing style Braised Eggplant 北京风味烩茄子 Steamed Rice 米饭	Braised Beef with Tomato 番茄烩牛肉 Vegetable Fried Bean skin 蔬菜炒豆皮 Steamed Rice 米饭
Daily Special	Beijing Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面	Whole Wheat Ham & Cheese Panini with Vegetables 全麦火腿奶酪帕尼尼配蔬菜	Hong Kong Style Fried Chicken Noodles 港式黑椒鸡肉炒河粉	Grilled Ham and Cheese Sandwich 煎火腿奶酪三文治	Italian Sausage Sandwich 意式萨拉米三明治
Salad Bar	Fresh Fruit and Salad 新鲜水果和沙拉	Fresh Fruit and Salad 新鲜水果和沙拉	Fresh Fruit and Salad 新鲜水果和沙拉	Fresh Fruit and Salad 新鲜水果和沙拉	Fresh Fruit and Salad 新鲜水果和沙拉
Drinks	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶



BIBA Elementary School G3-G5 Menu 2018



	Monday 29	Tuesday 30	Wednesday 31	Thursday	Friday
Soup	Hot Pear Water 梨汤	Purple Rice Porridge 紫米粥	Minestrone Soup 意式蔬菜汤		
Menu (A) Western	BBQ chicken Pizza 烤鸡肉披萨 Marguerite Pizza [V] 芝士披萨 Green Peas with Mixed Vegetables 时蔬炒青豆	Duck Breast 烧烤鸭胸 Tomato Cauliflower Gratin 奶油焗番茄菜花 Mashed Potato 土豆泥	Provence Style Beef Stew 普罗旺斯烩牛肉 Sweet Corn 黄油玉米粒 Broccoli & Carrot 清炒西兰花胡萝卜		
Menu (B) asian	Braised Beef with Teriyaki sauce 照烧牛肉 Celery with dry Bean Curd 香干芹菜 Steamed Rice 米饭	Stewed Bamboo Shoot with Fillet Steak 冬笋烧牛肉 Poached Vegetable Heart 白灼菜心 Steamed Rice 米饭	Steamed Pork Patties with Soy sauce 蒸肉饼红烧汁 Sautéed Chinese Green 清炒油菜 Steamed Mixed Grain Rice 杂粮米饭		
Daily Special	BaoZai Rice 时蔬腊肠煲仔饭	Whole wheat Ham & Cheese Panini with Vegetables 全麦火腿奶酪帕尼尼配蔬菜	Beijing Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面		
Salad Bar	Fresh Fruit and Salad 新鲜水果和沙拉	Fresh Fruit and Salad 新鲜水果和沙拉	Fresh Fruit and Salad 新鲜水果和沙拉		
Drinks	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶		