



# BIBA ECC Lunch Menu 2018.12



	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<b>Soup</b>	French onion soup 法式洋葱汤	Corn soup 玉米羹	Minestrone Soup 意式蔬菜汤	Tomato & Egg Soup 番茄蛋汤	Pumpkin Porridge 南瓜粥
<b>Lunch Menu</b>	beef Vegetable Pizza 牛肉蔬菜披萨 Green Peas with Mixed Vegetables 时蔬炒毛豆粒 Cucumber stir-fried shrimp 黄瓜炒虾仁 Green pepper fry potatoes 青椒炒土豆 Steamed Rice 二米饭	Grilled Duck Breast with Gravy 香煎鸭胸配肉汁 Cauliflower 黄油炒白菜花 Stewed Bamboo Shoot with Fillet Steak 冬笋烧牛肉片 Poached Vegetable Heart 白灼菜心 Steamed Rice 米饭	Shepherd's Pie 土豆泥肉酱派 Fried Cabbage 醋溜白菜 Broccoli & Carrot 清炒西兰花胡萝卜 Die fried crispy duck 香酥鸭 Steamed Rice 米饭	Steamed Meat (lamb)vegetable Dumpling 羊肉青菜蒸饺 Carrot Vichy 胡萝卜条 Colorful Pepper Stir-Fry Beef Fillet 彩椒炒牛肉 Vegetable Fried corn 时蔬玉米粒 Steamed Rice 米饭	Pasta with Bolognese sauce 意面牛肉酱 Butter Zucchini 黄油西葫芦 chicken Stew 红烧鸡丁 Vegetable fried yam 彩椒山药 Steamed Rice 米饭



# BIBA ECC Lunch Menu 2018.12



	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
<b>Soup</b>	<b>Mullet Rice Porridge</b> 小米粥	<b>Chinese Cabbage &amp; Vermicelli Soup</b> 白菜粉丝汤	<b>Bean Curd Julienne &amp; Vegetable Soup</b> 豆腐丝蔬菜汤	<b>Red Bean Porridge</b> 红豆粥	<b>Miso Soup</b> 韩式大酱汤
<b>Lunch Menu</b>	<b>Fajita Chicken Julienne</b> 彩椒炒鸡丝 <b>Sweet Corn</b> 黄油玉米粒 <b>bean curd with beef</b> 豆腐烧牛肉 <b>cauliflower</b> 清炒菜花 <b>Steamed Rice</b> 米饭	<b>Grilled chicken &amp; Cheese Sandwich</b> 煎鸡肉奶酪三文治 <b>Broccoli</b> 西兰花 <b>Sautéed Beef with Cumin &amp; Cilantro</b> 孜然牛肉 <b>Sautéed Cole and Mushroom</b> 蘑菇油菜 <b>Steamed Mullet Rice</b> 二米饭	<b>Baked beef with green Pepper</b> 焖牛肉青椒 <b>Ratatouille</b> 番茄烩茄子西葫芦 <b>Sautéed chicken with soy paste</b> 酱爆鸡丁 <b>Sautéed Celery with dry Bean Curd</b> 香干芹菜 <b>Steamed Rice</b> 米饭	<b>Baked Pasta with Bolognese</b> 牛肉酱意面 <b>Mixed Vegetables with Mushroom</b> 口蘑炒杂菜 <b>Sautéed chicken with Egg &amp; Fungus</b> 苜蓿鸡肉 <b>Braised Tofu with Soy Paste</b> 酱烧豆腐 <b>Steamed Rice</b> 米饭	<b>Braised fish Balls with Gravy</b> 烧汁焖鱼肉丸 <b>Cauliflower with Cherry Tomato</b> 白菜花圣女果 <b>Braised Beef with Dry Bean Curd</b> 腐竹炖牛肉 <b>lettuce</b> 清炒莴笋 <b>Fried Rice with mix vegetable</b> 什锦炒饭