



BIBA Elementary School 1-2 Set Menu 2018.12



	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Soup	French onion soup 法式洋葱汤	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 银耳梨汤
Lunch Menu	beef Vegetable Pizza 牛肉蔬菜披萨 Green Peas with Mixed Vegetables 时蔬炒毛豆粒 Steamed fish maggi sauce 蒸鱼菜丝配美极酱汁 Scramble egg with tomato 番茄炒蛋 Steamed Rice 米饭	Baked Tuna Casserole Pasta 焗奶油金枪鱼意面 Mixed Vegetables 混合时蔬 Stewed Bamboo Shoot with Fillet Steak 冬笋烧牛肉 Poached Vegetable Heart 白灼菜心 Steamed Rice 米饭	Provence Style Beef Stew 普罗旺斯烩牛肉 Sweet Corn 黄油玉米粒 Braised chicken Balls with tomato sauce 茄汁焖鸡丸 Sautéed Chinese Green 清炒油菜 Steamed Mixed Grain Rice 杂粮米饭	Braised Beef with Mushroom and gravy 意式烩牛肉 Tomato Cauliflower Gratin 奶油焗番茄菜花 Braised in soy sauce Fish 红烧鱼块 Fried Cabbage 醋溜白菜 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
Salad Bar Drinks	Fresh Fruit and Salad 新鲜水果和沙拉 Milk/Yogurt 牛奶/酸奶	Fresh Fruit and Salad 新鲜水果和沙拉 Milk/Yogurt 牛奶/酸奶	Fresh Fruit and Salad 新鲜水果和沙拉 Milk/Yogurt 牛奶/酸奶	Fresh Fruit and Salad 新鲜水果和沙拉 Milk/Yogurt 牛奶/酸奶	Fresh Fruit and Salad 新鲜水果和沙拉 Milk/Yogurt 牛奶/酸奶



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	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Soup	Mullet Rice Porridge 小米粥	Chinese Cabbage & Vermicelli Soup 白菜粉丝汤	Bean Curd Julienne & Vegetable Soup 豆腐丝蔬菜汤	Red Bean Porridge 红豆粥	Miso Soup 韩式大酱汤
Lunch Menu	Fajita Chicken Julienne 墨西哥炒鸡丝 Plain Tortillas 墨西哥面饼 Baked Zucchini with Garlic 蒜香西葫芦 bean curd with beef 红烧豆腐牛肉 Sautéed Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭	Grilled chicken & Cheese Sandwich 煎鸡肉奶酪三文治 Broccoli 西兰花 Sautéed Beef with Cumin & Cilantro 孜然牛肉配香菜 Celery with Carrot & Fungus 西芹胡萝卜配鲜蘑 Steamed Mullet Rice 二米饭	Baked beef with Black Pepper Sauce 黑椒汁焖牛肉 Ratatouille 番茄烩茄子西葫芦 Sweet & sour fish 咕嚕鱼块 Sautéed Chinese Green 清炒油菜 Steamed Rice 米饭	Baked Pasta with Bolognese 牛肉酱焗意面 Mixed Vegetables with Mushroom 口蘑炒杂菜 Sautéed chicken with soy paste 酱爆鸡丁 Sautéed Celery with dry Bean Curd 香干芹菜 Steamed Rice 米饭	Braised chicken Balls with Gravy 烧汁焖鸡肉丸 Cauliflower with Cherry Tomato 白菜花圣女果 Braised beef with Vegetable 五彩牛肉丁 Green pepper fry potatoes 青椒炒土豆 Steamed Rice 米饭
Salad Bar Drinks	Fresh Fruit and Salad 新鲜水果和沙拉 Milk/Yogurt 牛奶/酸奶	Fresh Fruit and Salad 新鲜水果和沙拉 Milk/Yogurt 牛奶/酸奶	Fresh Fruit and Salad 新鲜水果和沙拉 Milk/Yogurt 牛奶/酸奶	Fresh Fruit and Salad 新鲜水果和沙拉 Milk/Yogurt 牛奶/酸奶	Fresh Fruit and Salad 新鲜水果和沙拉 Milk/Yogurt 牛奶/酸奶