



# BIBA Elementary School G3-G5 Menu 2018.12



	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<b>Soup</b>	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
<b>Menu (A) Western</b>	beef Vegetable Pizza 牛肉蔬菜披萨 Marguerite Pizza [V] 芝士披萨 Green Peas with Mixed Vegetables 时蔬炒毛豆粒	Baked Tuna Casserole Pasta 焗奶油金枪鱼意面 Mixed Vegetables 混合时蔬 Garlic Bread 蒜蓉面包	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	Braised Beef with Mushroom and gravy 意式烩牛肉 Tomato Cauliflower Gratin 奶油焗番茄菜花 Mashed Potato 土豆泥	PouletteRôtie (French Style Roasted Chicken) 法式烤鸡 Potato Wedges 烤土豆角 Ratatouille 番茄烩时蔬
<b>Menu (B) Asian</b>	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	Stewed Bamboo Shoot with Fillet Steak 冬笋烧牛肉 Poached Vegetable Heart 白灼菜心 Steamed Rice 米饭	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 in soy sauce Fish 红烧鱼块 Fried Cabbage 醋溜白菜 Steamed Rice 二米饭	Braised Beef with Teriyaki sauce 照烧牛肉 Celery with dry Bean Curd 香干芹菜 Steamed Rice 米饭
<b>Daily Special</b>	Fresh Vegetable Cheese Sandwich 健康蔬菜芝士三明治	Whole wheat chicken & Cheese Panini with Vegetables 全麦鸡肉奶酪帕尼尼配蔬菜	Beijing Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面	Steamed Meat (beef) Roll 中式牛肉青菜面卷	Chicken Wrap 鸡柳卷
<b>Salad Bar</b>	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
<b>Drinks</b>	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 2018.12



	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>Menu (A) Western</b>	<b>Fajita Chicken Julienne</b> 墨西哥炒鸡丝 <b>Plain Tortillas</b> 墨西哥面饼 <b>Baked Zucchini with Garlic</b> 蒜香西葫芦	<b>Fried Fish Fillet</b> 脆炸鱼排 <b>Baked Potato Wedge</b> 烤土豆角 <b>Broccoli</b> 西兰花	<b>Baked beef with Black Pepper Sauce</b> 黑椒汁焗牛肉 <b>Potato Gratin</b> 奶油焗土豆 <b>Ratatouille</b> 番茄烩茄子西葫芦	<b>Baked Pasta with Bolognaise</b> 牛肉酱焗意面 <b>Mixed Vegetables with Mushroom</b> 口蘑炒杂菜 <b>Garlic Bread</b> 蒜蓉面包	<b>Braised chicken Balls with Gravy</b> 烧汁焗鸡丸 <b>Fried Potato Cube with Bell Pepper</b> 彩椒土豆丁 <b>Cauliflower with Cherry Tomato</b> 白菜花圣女果
<b>Menu (B) Asian</b>	<b>bean curd with beef</b> 红烧豆腐牛肉 <b>Sautéed Cabbage with Carrot</b> 胡萝卜炒圆白菜 <b>Steamed Rice</b> 米饭	<b>Sautéed Beef with Cumin &amp; Cilantro</b> 孜然牛肉配香菜 <b>Celery with Carrot &amp; Fungus</b> 西芹胡萝卜配鲜蘑 <b>Steamed Mullet Rice</b> 二米饭	<b>Sweet &amp; sour fish</b> 咕嚕鱼块 <b>Sautéed Chinese Green</b> 清炒油菜 <b>Steamed Rice</b> 米饭	<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>Braised beef with Vegetable</b> 五彩牛肉丁 <b>Green pepper fry potatoes</b> 青椒炒土豆 <b>Steamed Rice</b> 米饭
<b>Daily Special</b>	<b>Fried Noodles with Beef &amp; Black Pepper</b> 黑椒牛肉蔬菜炒面	<b>Grilled chicken &amp; Cheese Sandwich</b> 煎鸡肉奶酪三文治	<b>Beijing Noodle with Fungus Sauce</b> 老北京打卤面	<b>Indonesian Fried Rice with Shrimps</b> 虾仁印尼炒饭	<b>Duck Wrap Bei Jing Style</b> 北京风味鸭肉卷
<b>Salad Bar</b>	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉
<b>Drinks</b>	<b>Milk/Yogurt</b> 牛奶/酸奶	<b>Milk/Yogurt</b> 牛奶/酸奶	<b>Milk/Yogurt</b> 牛奶/酸奶	<b>Milk/Yogurt</b> 牛奶/酸奶	<b>Milk/Yogurt</b> 牛奶/酸奶