



# BIBA G1-G2 Lunch Menu March 2019



	Monday	Tuesday	Wednesday	Thursday	Friday 1
Soup					<b>Tomato and Egg Soup</b> 番茄蛋汤
Lunch Menu					<b>Roasted Tandoori Chicken</b> 印度烤鸡 <b>Steam Carrots Stick</b> 胡萝卜条 <b>Boiled Beef</b> 蚝油牛肉粒 <b>Fried or Vegetables with Egg</b> 中式鸡蛋炒合菜 <b>Steamed Rice</b> 米饭
Salad Bar Drinks					<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶



# BIBA G1-G2 Lunch Menu March 2019



	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Soup	<b>Seaweed and Egg Soup</b> 紫菜蛋汤	<b>Red Bean Congee</b> 红豆粥	<b>Tomato Egg Noodle Soup</b> 番茄鸡蛋疙瘩汤	<b>Mullet Rice Congee</b> 小米粥	<b>Winter Melon and Vermicelli Soup</b> 冬瓜粉丝汤
Lunch Menu	<b>Sautéed Pasta with beef Bacon &amp; Mushroom</b> 口蘑牛肉培根炒意面 <b>Broccoli with Carrot</b> 西兰花炒胡萝卜 <b>Braised chicken with kelp</b> 中式烧鸡肉海带 <b>Cabbage</b> 手撕包菜 <b>Steamed Rice</b> 米饭	<b>Braised chicken</b> 东坡卤鸡肉 <b>Broccoli</b> 西兰花 <b>Scramble Beef and Vegetable</b> 牛肉碎炒蔬菜 <b>Scramble Egg With Tomato</b> 番茄炒蛋 <b>Chinese Vegetable Fried Rice</b> 中式蔬菜炒饭	<b>Pasta with Bolognese</b> 意面牛肉酱 <b>Ratatouille</b> 番茄烩时蔬 <b>Stir-fried chicken with Green Pepper</b> 炒彩椒鸡片 <b>Sautéed Chinese Green</b> 清炒菜心 <b>Steamed Mixed Grain Rice</b> 杂粮米饭	<b>Beef Goulash</b> 匈牙利牛肉 <b>Braised Red Cabbage</b> 德式焖紫甘蓝 <b>Scramble egg with Shrimps</b> 滑蛋虾仁 <b>Bean Curd with Celery</b> 芹菜豆腐干 <b>Steamed Rice</b> 米饭	<b>Beef Stroganoff</b> 俄式烩牛肉 <b>French Green Peas</b> 炒青豆 <b>chicken with Black Bean Sauce</b> 豉香味鸡肉丁 <b>Sautéed Chinese Cabbage with Fungus</b> 木耳炒白菜 <b>Steamed Rice</b> 米饭
Salad Bar Drinks	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶



# BIBA G1-G2 Lunch Menu March 2019



	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<b>Soup</b>	<b>Cucumber &amp; Egg Soup</b> 黄瓜蛋汤	<b>Tomato &amp; Tofu Soup</b> 番茄豆腐汤	<b>Sweet Potato Porridge</b> 红薯粥	<b>Egg Drop Soup</b> 蛋花汤	<b>Mixed Beef Soup</b> 西湖牛肉羹
<b>Lunch Menu</b>	<b>Grilled Chicken with Honey and Oregano</b> 蜜汁香草烤鸡 <b>Sautéed Celery with Bell Pepper</b> 西芹炒彩椒 <b>Sautéed beef With Mixed Vegetable</b> 烩什锦牛肉丁 <b>Sautéed Zucchini with Garlic</b> 蒜香西葫芦 <b>Rice</b> 米饭	<b>Tuna pizza</b> 金枪鱼披萨 <b>Green Peas with Mixed Vegetables</b> 时蔬炒青豆 <b>Braised Beef with Turnips</b> 萝卜烧牛肉 <b>Cabbage</b> 手撕包菜 <b>Mixed Fried Rice</b> 什锦炒饭	<b>Italian Beef Stew</b> 意式烩牛肉 <b>Mixed Vegetables</b> 混合时蔬 <b>Dry Fish</b> 糖醋鱼块 <b>Braised Winter Melon</b> 烧冬瓜 <b>Steamed Rice</b> 米饭	<b>Chicken Balls with Tomato Sauce</b> 茄汁鸡丸 <b>Broccoli with Carrot</b> 胡萝卜西兰花 <b>Braised beef With Teriyaki Sauce</b> 红烧牛肉日式汁 <b>Beijing style Braised Eggplant</b> 北京风味烩茄子 <b>Steamed Rice</b> 米饭	<b>Italian Chicken Mushroom Gravy</b> 意大利烤鸡蘑菇汁 <b>Mixed Peas</b> 黄油炒混合豆 <b>Braised beef and Bean curd</b> 牛肉烩腐竹 <b>Stirred Fried Vermicelli with Cabbage</b> 包菜炒粉条 <b>Steamed Rice</b> 米饭
<b>Salad Bar Drinks</b>	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶



# BIBA G1-G2 Lunch Menu March 2019



	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<b>Soup</b>	<b>Tomato &amp; Egg Soup</b> 番茄蛋汤	<b>Purple rice porridge</b> 紫米粥	<b>Minestrone Soup</b> 意式蔬菜汤	<b>Leek and Potato Soup</b> 大葱土豆汤	<b>Hot Pear Water</b> 银耳梨汤
<b>Lunch Menu</b>	<b>Beef Chili</b> 蔬菜腰豆烩牛肉酱 <b>Carrot Vichy</b> 胡萝卜条 <b>Curry Chicken</b> 咖喱鸡 <b>Sautéed Cabbage with Pepper</b> 炆炒圆白菜 <b>Steamed Rice</b> 米饭	<b>BBQ Duck Breast</b> 烧烤鸭胸 <b>Tomato Cauliflower Gratin</b> 奶油焗菜花和樱桃番茄 <b>Stewed Mushroom with Fillet Steak</b> 蘑菇烧牛肉 <b>Celery with dry Bean Curd</b> 香干芹菜 <b>Steamed Rice</b> 米饭	<b>Provence Style Beef Stew</b> 普罗旺斯烩牛肉 <b>Sweet Corn</b> 黄油玉米粒 <b>Chicken Stew with egg</b> 鹌鹑蛋烧鸡肉 <b>Sautéed Chinese Green</b> 清炒油菜 <b>Steamed Mixed Grain Rice</b> 杂粮米饭	<b>French lardon beef Bacon Pizza</b> 法式牛肉培根披萨 <b>Green Peas with Mixed Vegetables</b> 时蔬炒青豆 <b>Braised in soy sauce Fish</b> 红烧鱼块 <b>Garlic and Cumin Cauliflower</b> 蒜香孜然菜花 <b>Steamed Rice</b> 二米饭	<b>Poulette Rôtie (French Style Roasted Chicken)</b> 法式烤鸡 <b>Ratatouille</b> 番茄烩时蔬 <b>Braised Beef with Teriyaki sauce</b> 照烧牛肉 <b>Poached Vegetable Heart</b> 白灼菜心 <b>Steamed Rice</b> 米饭
<b>Salad Bar Drinks</b>	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶



# BIBA G1-G2 Lunch Menu

## March 2019



	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Soup	<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
Lunch Menu	<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>Braised duck with Hoisin Sauce</b> 海鲜酱焖鸭块 <b>Sautéed Cabbage with Carrot vermicelli</b> 胡萝卜炒圆白菜粉丝条 <b>Steamed Rice</b> 米饭	<b>Grilled chicken Ham &amp; Cheese Sandwich</b> 煎鸡肉火腿奶酪三文治 <b>Broccoli</b> 西兰花 <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>Baked Pork with Black Pepper Sauce</b> 黑椒汁焖猪肉 <b>Ratatouille</b> 番茄烩茄子西葫芦 <b>Sweet &amp; sour Chicken</b> 咕嚕鸡 <b>Sautéed Cabbage with Carrot</b> 胡萝卜炒圆白菜 <b>Steamed Rice</b> 米饭	<b>Baked Pasta with Bolognaise</b> 牛肉酱焗意面 <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 chicken Balls with Gravy</b> 烧汁焖鸡肉丸 <b>Cauliflower with Cherry Tomato</b> 白菜花圣女果 <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
Salad Bar Drinks	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶	<b>Fresh Fruit and Salad</b> 新鲜水果和沙拉 <b>Milk/Yogurt</b> 牛奶/酸奶