



BIBA G3-G5 Lunch Menu March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday 1
Soup					Tomato and Egg Soup 番茄蛋汤
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
Menu (B) Asian					Boiled Beef 蚝油牛肉粒 Fried or Vegetables with Egg 中式鸡蛋炒合菜 Steamed Rice 米饭
Daily Special					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
Drinks					Milk/Yogurt 牛奶/酸奶



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	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Soup	Seaweed and Egg Soup 紫菜蛋汤	Red Bean Congee 红豆粥	Tomato Egg Noodle Soup 番茄鸡蛋疙瘩汤	Mullet Rice Congee 小米粥	Winter Melon and Vermicelli Soup 冬瓜粉丝汤
Menu (A) Western	Sautéed Pasta with beef Bacon & Mushroom 口蘑牛肉培根炒意面 Broccoli with Carrot 西兰花炒胡萝卜 Garlic Bread 香草面包	Fried Fish with Tomato Sauce 炸鱼块番茄汁 French fries 炸薯条 Broccoli 西兰花	Pasta with Bolognaise 意面牛肉酱 Ratatouille 番茄烩时蔬 Garlic Bread 蒜茸面包	Beef Goulash 匈牙利牛肉 Braised Red Cabbage 德式焖紫甘蓝 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) Asian	Braised chicken with kelp 中式烧鸡肉海带 Cabbage 手撕包菜 Steamed Rice 米饭	Scramble Beef and Vegetable 牛肉碎炒蔬菜 Scramble Egg With Tomato 番茄炒蛋 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	Scramble egg with Shrimps 滑蛋虾仁 Bean Curd with Celery 芹菜豆腐干 Steamed Rice 米饭	chicken with Black Bean Sauce 豉香味鸡肉丁 Sautéed Chinese Cabbage with Fungus 木耳炒白菜 Steamed Rice 米饭
Daily Special	Marguerite Pizza [V] 芝士披萨	Braised chicken With Rice 东坡卤鸡肉饭	Homemade chocolate cake 自制巧克力蛋糕	Beijing Noodles with egg Bean Paste 老北京鸡蛋炸酱面	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



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	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Soup	Cucumber & Egg Soup 黄瓜蛋汤	Tomato & Tofu Soup 番茄豆腐汤	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	Italian Beef Stew 意式烩牛肉 Mixed Vegetables 混合时蔬 Roasted Potato with Butter 黄油烤土豆	Chicken Balls with Tomato Sauce 茄汁鸡丸 Broccoli with Carrot 胡萝卜西兰花 Baked Potato With Cheese 芝士焗土豆	Italian Chicken Mushroom Gravy 意大利烤鸡蘑菇汁 Mixed Peas 黄油炒混合豆 Mashed Pumpkin 奶香南瓜泥
Menu (B) Asian	Sautéed beef With Mixed Vegetable 烩什锦牛肉丁 Sautéed Zucchini with Garlic 蒜香西葫芦 Rice 米饭	Braised Beef with Turnips 萝卜烧牛肉 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 beef With Teriyaki Sauce 红烧牛肉日式汁 Beijing style Braised Eggplant 北京风味烩茄子 Steamed Rice 米饭	Braised beef and Bean curd 牛肉烩腐竹 Stirred Fried Vermicelli with Cabbage 包菜炒粉条 Steamed Rice 米饭
Daily Special	Beijing Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面	Hong Kong Style Fried Chicken Noodles 港式黑椒鸡肉炒河粉	Whole Wheat chicken Ham & Cheese Panini with Vegetables 全麦鸡肉火腿奶酪帕尼尼配蔬菜	Grilled beef Ham and Cheese Sandwich 煎牛火腿奶酪三文治	Vegetable chicken Curry Pita 咖喱鸡肉蔬菜口袋饼
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



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	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Soup	Tomato & Egg Soup 番茄蛋汤	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
Menu (A) Western	Beef Chili 蔬菜腰豆烩牛肉酱 Baked Potato Wedge 烤土豆角 Carrot Vichy 胡萝卜条	BBQ Duck Breast 烧烤鸭胸 Tomato Cauliflower Gratin 奶油焗菜花和樱桃番茄 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	French lardon beef Bacon Pizza 法式牛肉培根披萨 Marguerite Pizza [V] 芝士披萨 Green Peas with Mixed Vegetables 时蔬炒青豆	Poulette Rôtie (French Style Roasted Chicken) 法式烤鸡 French fries 炸薯条 Ratatouille 番茄烩时蔬
Menu (B) Asian	Curry Chicken 咖喱鸡 Sautéed Cabbage with Pepper 炆炒圆白菜 Steamed Rice 米饭	Stewed Mushroom with Fillet Steak 蘑菇烧牛肉 Celery with dry Bean Curd 香干芹菜 Steamed Rice 米饭	Chicken Stew with egg 鹌鹑蛋烧鸡肉 Sautéed Chinese Green 清炒油菜 Steamed Mixed Grain Rice 杂粮米饭	Braised in soy sauce Fish 红烧鱼块 Garlic and Cumin Cauliflower 蒜香孜然菜花 Steamed Rice 二米饭	Braised Beef with Teriyaki sauce 照烧牛肉 Poached Vegetable Heart 白灼菜心 Steamed Rice 米饭
Daily Special	Yang Zhou Fried Rice 扬州炒饭 (鸡蛋, 虾仁, 牛肉火腿, 青豆)	Whole wheat beef Ham & Cheese Panini with Vegetables 全麦牛肉火腿奶酪帕尼尼配蔬菜	Beijing Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面	Chocolate croissant 巧克力牛角包	Vegetable Cheese Sandwich 健康蔬菜芝士三明治
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



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	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
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
Menu (A) Western	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	Fried Fish Fillet 脆炸鱼排 Baked Potato Wedge 烤土豆角 Broccoli 西兰花	Baked beef with Black Pepper Sauce 黑椒汁焗牛肉 Potato Gratin 奶油焗土豆 Ratatouille 番茄烩茄子西葫芦	Baked Pasta with Bolognaise 牛肉酱焗意面 Mixed Vegetables with Mushroom 口蘑炒杂菜 Garlic Bread 蒜蓉面包	Braised chicken Balls with Gravy 烧汁焗鸡肉丸 Fried Potato Cube with Bell Pepper 彩椒土豆丁 Cauliflower with Cherry Tomato 白菜花圣女果
Menu (B) Asian	Braised duck with Hoisin Sauce 海鲜酱焖鸭块 Sautéed Cabbage with Carrot vermicelli 胡萝卜炒圆白菜粉丝条 Steamed Rice 米饭	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	Sweet & sour Chicken 咕嚕鸡 Sautéed Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭	Sautéed chicken with Egg & Fungus 首蓿鸡肉 Braised Tofu with Soy Paste 酱烧豆腐 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
Daily Special	Fried Noodles with Beef & Black Pepper 黑椒牛肉蔬菜炒面	Grilled chicken Ham & Cheese Sandwich 煎鸡肉火腿奶酪三文治	Chinese Noodles with Scramble Egg and Tomato Sauce 西红柿鸡蛋打卤面	Indonesian Fried Rice with Shrimps 虾仁印尼炒饭	Duck Wrap Bei Jing Style 北京风味鸭肉卷
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