



# BIBA ECC Lunch Menu March 2019



	Monday	Tuesday	Wednesday	Thursday	Friday 1
<b>Soup</b>					<b>Tomato and Egg Soup</b> 番茄蛋汤
<b>Lunch Menu</b>					<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 with Turnip</b> 萝卜炖牛肉 <b>Sautéed Potato Juliennes</b> 彩椒土豆丝 <b>Steamed Rice</b> 米饭



# BIBA ECC 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>pumpkin Soup</b> 中式南瓜汤	<b>Mullet Rice Congee</b> 小米粥	<b>Chinese Cabbage and Vermicelli Soup</b> 白菜粉丝汤
Lunch Menu	<b>Grilled beef Ham and Cheese Sandwich</b> 煎牛肉火腿奶酪三文治 <b>Steam Carrot and Butter</b> 黄油胡萝卜 <b>Sweet &amp; sour Fried chicken with Veggies</b> 酸甜鸡丝蔬菜 <b>Sautéed Chinese Green</b> 清炒油菜 <b>Steamed Mixed Grain Rice</b> 杂粮米饭	<b>Beef stew</b> 红烩牛肉 <b>French Green Peas</b> 洋葱炒毛豆粒 <b>Steamed Lamb and Carrot Dumpling</b> 羊肉胡萝卜蒸饺 <b>Scramble Egg With Tomato</b> 番茄炒蛋 <b>Chinese Vegetable Fried Rice</b> 中式蔬菜炒饭	<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>Oyster sauce chicken</b> 蚝油鸡肉片 <b>Hot potato</b> 酸溜土豆丝 <b>Steamed Rice</b> 米饭	<b>Chicken with Mushrooms stew</b> 蘑菇红烩鸡肉 <b>Mixed Vegetables</b> 混合时蔬 <b>Braised beef with Bean curd</b> 中式烧牛肉豆腐 <b>Stirred Fried Vermicelli with Cabbage</b> 包菜炒粉条 <b>Steamed Rice</b> 米饭	<b>Beef Stroganoff</b> 俄式烩牛肉 <b>Corn with red Beans</b> 玉米粒腰豆 <b>Braised chicken and Bean curd</b> 鸡肉烩腐竹 <b>Broccoli and Carrot with Garlic</b> 蒜蓉西兰花胡萝卜 <b>Steamed Rice</b> 米饭



# BIBA ECC Lunch Menu March 2019

	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<b>Soup</b>	<b>Tomato Soup</b> 番茄汤	<b>Mixed Beef Soup</b> 西湖牛肉羹	<b>Sweet Potato Porridge</b> 红薯粥	<b>White Radish Soup with Dry Shrimps</b> 海米白萝卜汤	<b>Egg Drop Soup</b> 蛋花汤
<b>Lunch Menu</b>	<b>Beef stew</b> 红烩牛肉 <b>Sautéed Celery with Bell Pepper</b> 西芹炒彩椒 <b>chicken Stew</b> 红烧鸡丁 <b>Agaric cabbage</b> 木耳炒白菜 <b>Rice</b> 米饭	<b>BBQ Mid-Eastern chicken Tenderloin</b> 中东烤鸡肉 <b>Vanilla Butter carrot</b> 香草黄油胡萝卜 <b>Curry Beef</b> 咖喱牛肉丁 <b>Zucchini with red pepper</b> 西葫芦炒红圆椒 <b>Steamed Rice</b> 米饭	<b>Bolognaise Baked Pasta</b> 牛肉酱焗面 <b>Mixed Vegetables</b> 混合时蔬 <b>chicken Stew with mix bean</b> 混合豆烩鸡肉 <b>Sautéed Chinese Green</b> 清炒油菜 <b>Steamed Rice</b> 米饭	<b>Tuna pizza</b> 金枪鱼肉披萨 <b>Corn with Mushrooms</b> 蘑菇炒玉米 <b>Steamed Chicken with Black Bean Sauce</b> 豉香味蒸鸡 <b>Cabbage</b> 清炒圆白菜 <b>Mixed Fried Rice</b> 什锦炒饭	<b>Fried shrimp</b> 软炸虾仁 <b>Cauliflower and Tomato</b> 菜花炒小西红柿 <b>Oyster sauce Beef</b> 蚝油牛肉丁 <b>Beijing Style Braised Eggplant</b> 北京风味酱烧茄子 <b>Steamed Rice</b> 米饭



# BIBA ECC Lunch Menu March 2019

	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<b>Soup</b>	<b>Hot Pear Water</b> 梨汤	<b>Purple Rice porridge</b> 紫米粥	<b>Minestrone Soup</b> 意式蔬菜汤	<b>Tomato &amp; Egg Soup</b> 番茄蛋汤	<b>Corn soup</b> 玉米羹
<b>Lunch Menu</b>	<p style="text-align: center;"><b>BBQ chicken Vegetable</b> 烧烤酱汁鸡肉蔬菜</p> <p style="text-align: center;"><b>Green Peas with Mixed Vegetables</b> 时蔬炒毛豆粒</p> <p style="text-align: center;"><b>Sautéed shrimp with Bell Pepper</b> 虾仁炒彩椒</p> <p style="text-align: center;"><b>Garlic and Cumin Cauliflower</b> 蒜香孜然菜花</p> <p style="text-align: center;"><b>Steamed Rice</b> 二米饭</p>	<p style="text-align: center;"><b>BBQ Duck</b> 蜜汁烤鸭肉</p> <p style="text-align: center;"><b>Tomato Cauliflower Gratin</b> 奶油焗番茄菜花</p> <p style="text-align: center;"><b>beef with Minced Garlic</b> 红烧蒜蓉牛肉粒</p> <p style="text-align: center;"><b>Poached Vegetable Heart</b> 白灼菜心</p> <p style="text-align: center;"><b>Steamed Rice</b> 米饭</p>	<p style="text-align: center;"><b>Provence Style Beef Stew</b> 普罗旺斯烩牛肉</p> <p style="text-align: center;"><b>Sweet Corn</b> 黄油玉米粒</p> <p style="text-align: center;"><b>Braised chicken with kelp</b> 中式烧鸡肉海带</p> <p style="text-align: center;"><b>Fried Cabbage in Black Bean sauce</b> 豆豉汁炒包菜</p> <p style="text-align: center;"><b>Steamed Mixed Grain Rice</b> 杂粮米饭</p>	<p style="text-align: center;"><b>Beef Chili</b> 蔬菜腰豆烩牛肉酱</p> <p style="text-align: center;"><b>Carrot Vichy</b> 胡萝卜条</p> <p style="text-align: center;"><b>Curry Chicken</b> 咖喱鸡</p> <p style="text-align: center;"><b>Sautéed Cabbage with Pepper</b> 炆炒白菜</p> <p style="text-align: center;"><b>Steamed Rice</b> 米饭</p>	<p style="text-align: center;"><b>Pasta with Bolognese sauce</b> 意面牛肉酱</p> <p style="text-align: center;"><b>Butter Zucchini</b> 黄油西葫芦</p> <p style="text-align: center;"><b>Chicken Stew with egg</b> 鹌鹑蛋烧鸡肉</p> <p style="text-align: center;"><b>Vegetable fried yam</b> 时蔬山药</p> <p style="text-align: center;"><b>Steamed Rice</b> 米饭</p>



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	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> 彩椒炒鸡丝 <b>Sweet Corn</b> 黄油玉米粒 <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 <b>Celery with Carrot &amp; Fungus</b> 芹菜胡萝卜炒鲜蘑 <b>Steamed Mullet Rice</b> 二米饭	<b>Sunny Veggies and Beef Pizza</b> 田园芝士牛肉披萨 <b>Ratatouille</b> 番茄烩茄子西葫芦 <b>Sweet &amp; sour Chicken</b> 咕嚕鸡 <b>Sautéed Dry Bean Curd with Bell Pepper</b> 青椒干豆皮 <b>Steamed Rice</b> 米饭	<b>Baked Pasta with Bolognese</b> 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 chicken Balls with Gravy</b> 烧汁焖鸡肉丸 <b>Cauliflower with Cherry Tomato</b> 白菜花炒小番茄 <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