



BROMSGROVE SCHOOL
MISSION HILLS
柏朗思观澜湖学校

柏朗思观澜湖小学部3月份餐单 BMH Prep School March Menu

日期 Date	3月1日	3月4日	3月5日	3月6日	3月7日	3月8日	3月11日	3月12日	3月13日	3月14日
	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday
早点 Morning Snack	栗子卷 Chestnut Roll Cake	奶黄包 Steamed Creamy Custard bun	美式芝士饼 Cheese Cake	瘦肉青菜汤濛粉 Noodle Soup with Pork and Vegetables	草莓慕斯蛋糕 Strawberry Mousse Cake	肉丝炒面 Fried Noodles with Sliced Meat	鸡蛋青菜炒河粉 Fried Noodles with Egg and Vegetables	三丝炒米粉 Fried Noodles	青菜瘦肉汤粉 Noodle Soup with Vegetable and Pork	提子司康饼 Raisin Scone
中餐 Lunch	焗鸡中翅 Braised Chicken Wing	蘑菇洋葱牛肉粒 Fried Beef with Mushroom and Onion	罗汉粉丝煲 Vermicelli en Casserole with Mixed Vegetables	芝士肉沫焗蘑菇 Baked Mushrooms with Cheese and Minced Pork	蘑菇洋葱披萨 Mushroom and Onion Pizza	卡其鸡扒 Crispy Chicken Chop	蔬菜玉米饼 Vegetable Tacos	香煎土豆块 Fried potato	黑椒杏鲍菇滑鸡球 Black Pepper Chicken and Mushroom Ball	黑椒牛扒 Black Pepper Steak
	韩式乌冬面 Korean Udon Noodles	客家焗鸡 Braised Chicken	红烧茄子 Braised Eggplant	煎龙利鱼 Pan Fried Sole Fish	红葱头淋鸡 Poached Chicken with Red Onions	煎蛋饼 Omelette	红烧茄子 Braised eggplant	卤水牛肉 Chinese Braised Beef	红烧排骨 Braised Spareribs	虫草花红枣蒸鸡 Steamed Chicken with Cordyoeps Flowers and Red Jujube
	小瓜炒牛肉 Baby Cucumber with Beef	香芹香干肉丝 Fried Minced Pork with Chinese Celery and Smoked Bean Curd	水蒸蛋 Steamed Egg	青蒜炒牛肉 Fried Beef with Galic	红烧日本豆腐 Pan-fried Japanese Tofu	卤水牛肉 Chinese Braised Beef	西红柿炒鸡蛋 Fried Egg with Tomato	杂菇炒鸡块 Fried Chicken with Mixed Mushroom	时蔬炒牛肉 Fried Beef with Vegetables	西红柿炒蛋 Fried Egg with Tomato
	蒜蓉炒上海青 Fried Greens	手撕包菜 Braised shredded cabbage	奶酪焗土豆 Cheese potato	蒜蓉粉丝炒娃娃菜 Steamed Baby Cabbage with Galic and Vermicelli	白灼菜芯 Boiled Choy Sum	蒜蓉大白菜 Fried Chinese Cabbage	白灼生菜 Boiled Lettuce	炒小棠菜 Fried Shanghai Pak Choi	炒芥兰 Fried Chinese Broccoli with Crispy Fried Pork	蒜蓉炒小白菜 Fried Chinese Cabbage
	海带冬瓜水鸭汤 Duck Soup with Sea- tangle and Winter melon	五指毛桃煲龙骨 Pork Bone with Ficus Hirta	日式味噌汤 Miso Soup	竹笙凉瓜清炖排骨汤 Pork Ribs Soup with Bamboo Fungus and Bitter Melon	干茶树菇党参鸡汤 Chicken Soup with Tea Mushroom and Codonopsis Pilosula	干瑶柱猴头菇排骨 汤 Rib Soup with Dried Scallops and	青菜豆腐汤 Vegetable and Tofu Soup	节瓜黄豆龙骨汤 Pork Rib Soup with Hairy Gourd and Soy Beans	杂菇汤 Mixed vegetable soup	鸡骨草煲龙骨汤 Pork Bone Soup with Abrus Herb
	苹果 Apple	苹果 Apple	青桔 Green orange	雪梨 Pear	哈密瓜 Cantolope	火龙果 Dragon fruit	提子 Grapes	橙子 Orange	青桔 Green orange	火龙果 Dragon Fruit
下午茶水果 Fruit time	雪梨 Pear	青桔 Green orange	火龙果 Dragon Fruit	提子 Grapes	苹果 Apple	圣女果 Cherry tomatoes	香蕉 Banana	雪梨 Pear	提子 Grapes	圣女果 Cherry tomatoes
	酸奶 Yogurt	鲜奶 Milk	酸奶 Yogurt	鲜奶 Milk	酸奶 Yogurt	鲜奶 Milk	酸奶 Yogurt	鲜奶 Milk	酸奶 Yogurt	鲜奶 Milk
Yellow: New Dishes 黄色代表新菜式										



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3月15日	日期 Date	3月18日	3月19日	3月20日	3月21日	3月22日	3月25日	3月26日	3月27日	3月28日	3月29日 (国际美食日)
Friday		Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday (International Tasting Day)
鸡蛋炒河粉 Stir-Fried Noodles	早点 Morning Snack	菜包 Vegetable Bun	瘦肉青菜炒米粉 Fried Noodles with Pork and Vegetables	榨菜肉丝面 Noodle Soup with Shredded Pork and Pickled Vegetables	花生曲奇 Peanut Butter Cookie	瘦肉青菜炒桂林米粉 Fried Noodles with Pork and Vegetables	鸡蛋青菜炒河粉 Fried Noodles with Egg and Vegetables	蒸玉米棒 Steamed Corn	抹茶卷 Matcha Roll Cake	牛肉汤陈村粉 Beef Soup Noodles	芒果芝士饼 Mango Cheesecake
白汁酱海鲜蝴蝶粉 Seafood farfalle with Bechamel Sauce	中餐 Lunch	素鸡 Pan Fried Tofu	西式烤全鸡 Western Roasted Chicken	泰式咖喱猪扒 Curry Chicken Chop in Thai Style	糖醋吉列鱼柳 Sweet and Sour Fish Fillet	洋葱汁鸡扒 Chicken Chop with Onion Sauce	鲜菇披萨 Mushroom Pizza	西芹木耳白玉菇 Fried Celery, Black Fungus and Mushrooms	黑椒汁牛肉通粉 Beef Macaroni with Black Pepper Sauce	蜜汁鸡翅 Honey Chicken Wings	西式烤牛排 Roasted Steak in Western Style
客家盐焗鸡 Braised Chicken in Hakka Style		西红柿炒蛋 Fried Egg with Tomato	花菜炒牛肉 Fried Beef and Cauliflower	西兰花炒牛肉 Fried Beef with Broccoli	猪肉莲藕饼 Pork and Lotus Root Cake	土豆片炒肉 Fried Pork with Sliced Potato	虾米蒸蛋 Steamed Egg with Vermicelli	味噌素菜炖 Stewed Vegetables with Miso	牛肉碎家乡豆腐 Minced beef and Tofu	蛋包豆腐 Egg Wrapped Tofu	刁草烤鸡腿 Fried Chicken Leg with Dill
鸡腿菇炒牛肉 Fried beef with Goprinus Comatus Fungus		香芹炒木耳 Fried Black Fungus & Celery	支竹煮回锅肉 Saute Pork and Dried Tofu Sticks in Hot Sauce	双色蒸水蛋 Steamed Egg	莴笋油豆腐烩牛肉 Fried Beef with Asparagus Lettuce and Fried Tofu	萝卜焖牛腩 Braised Sirloin with Turnip	荷塘小炒 Stir Fried Sugar Snap Peas(with Lotus Root)	腐皮时蔬卷 Pan Fried Tofu Skin Rolls Stuffed with Vegetables	西红柿炒蛋 Fried Egg with Tomato	土豆焖鸡 Braised Chicken with Potatoes	芝士鲜茄焗猪扒 Baked Tomato Pork Chop
蒜蓉炒上海青 Fried Greens		上汤娃娃菜 Baby Cabbage in Broth	蒜蓉炒菜芯 Fried Choy sum with Galic	盐水菜芯 Fried Choy sum	炒奶白菜 Fried Chinese Cabbage	红烧冬瓜 Stewed Wintermelon	醋溜大白菜 Sweet and Sour Chinese Cabbage	炒生菜 Fried Lettuce	白灼生菜 Poached Lettuce	上汤菠菜 Spinach in broth	蒜蓉牛油双色花菜 Garlic butter Broccoli & Cauliflower
枸杞叶猪腱汤 Pork Soup with Boxthorn Leaf		五行蔬菜汤 Vegetable Soup	莲子百合鸡汤 Chicken Soup with Lotus Seed and Lily	花生莲藕猪腱汤 Pork Soup with	赤小豆粉葛龙骨汤 Pork Bone Soup with Azuki Bean	海带黄豆筒骨汤 Pork Bone Soup with Sea Tangle and Soy Beans	日式昆布大酱汤 Japanese Kelp and Soy Sauce Soup	西式蔬菜浓汤 Vegetable Soup in Western Style	胡萝卜玉米大骨汤 Pork Bone Soup with Carrots and Corn	紫菜蛋花汤 Seaweed and Egg Soup	牛尾浓汤 Ox tail Soup
圣女果 Cherry tomatoes		苹果 Apple	青桔 Green orange	雪梨 Pear	火龙果 Dragon Fruit	橙子块 Orange	苹果 Apple	雪梨 Pear	香蕉 Banana	雪梨 Pear	橙子 Orange
提子 Grapes		下午茶水果 Fruit time	青桔 Green orange	橙子块 Orange	香蕉 Banana	香蕉 Banana	提子 Grapes	青桔 Green orange	橙子块 Orange	香梨 Pear	香蕉 Banana
酸奶 Yogurt	鲜奶 Milk		酸奶 Yogurt	鲜奶 Milk	酸奶 Yogurt	鲜奶 Milk	酸奶 Yogurt	鲜奶 Milk	酸奶 Yogurt	鲜奶 Milk	酸奶 Yogurt

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黄色代表新菜式