

中小学3月份餐单  
Prep & Senior March Menu

日期 Date	3月1日	3月2日	3月3日	3月6日	3月7日	3月8日	3月9日	3月10日	3月13日	3月14日	3月15日	3月16日	
	星期三Wed	星期四Thur	星期五Fri	星期一Mon	星期二Tue	星期三Wed	星期四Thur	星期五Fri	星期一Mon	星期二Tue	星期三Wed	星期四Thur	
早餐 Breakfast 7:30 - 7:55	南瓜饼 Pumpkin Pie	黑椒猪肉肠 Pork Sausage with Black Pepper	煎培根 Fried Bacon	薯饼 Hash Browns	西多士 French Toast	火腿葱油饼 Ham & Green Onion Pancake	洋葱黑椒肠 Sausage with Onion and Black Pepper	麦乐鸡块 Chicken Nuggets	煎饺子 Fried Dumplings	洋葱猪肉肠仔 Pork Sausage with Onion	煎培根 Fried Bacon	花生酱多士 Toast with Peanut Butter	
	枸杞叶瘦肉汤 Pork Soup with Boxthorn Leaf	柴鱼花生粥 Dried Fish and Peanut Congee	番茄蛋汤河粉 Rice Noodle Soup with Tomatoes and Eggs	枸杞叶瘦肉汤 Pork Soup with Boxthorn Leaf	八宝粥 Mixed Congee	上汤云吞 Wonton Soup	皮蛋瘦肉粥 Pork and Preserved Egg Congee	牛奶麦片粥 Porridge with Milk	排骨粥 Spare Rib Congee	榨菜肉丝汤米粉 Rice Noodle Soup with Preserved Vegetable and Minced Pork	菜心鲜虾粥 Shrimp Congee with Vegetable	牛奶麦片粥 Porridge with Milk	
	梅州捞面 Braised Noodles	葱油饼 Green Onion Pancake	广式糯米鸡 Sticky Rice in Lotus Leaf	梅州捞面 Braised Noodles	罐汤包 Soup Dumpling	三丝炒米粉 Fried Rice Noodles with Three Shredded Ingredients	鸳鸯馒头 Steamed Buns & Deep-Fried Buns	香菇大菜包 Mushroom and Vegetable Bun	芥兰丝炒河粉 Fried Rice Noodles with Chinese Broccoli	葱油饼 Green Onion Pancake	红糖馒头 Brown Sugar Bun	汤汁灌汤包 Soup Dumpling	
	五香花生 Braised Peanut	蒸淮山 Steamed Chinese Yam	甜玉米 Sweet Corn	甜玉米 Sweet Corn	红薯 Sweet Potatoes	水煮花生 Braised Peanut	焗南瓜 Baked Pumpkin	烤红薯 Roasted Sweet Potatoes	蒸紫薯 Steamed Purple Potatoes	甜玉米 Sweet Corn	蒸香芋仔 Steamed Taro	蒸淮山 Steamed Chinese Yam	
	茶叶蛋 Marinated Eggs	煮鸡蛋 Boiled Eggs	煎鸡蛋 Fried Eggs	煮鸡蛋 Boiled Eggs	茶叶蛋 Marinated Eggs	煮鸡蛋 Boiled Eggs	卤鸡蛋 Marinated Eggs	煎鸡蛋 Fried Eggs	煮鸡蛋 Boiled Eggs	茶叶蛋 Marinated Eggs	煎鸡蛋 Fried Eggs	卤鸡蛋 Marinated Eggs	
早点 Morning Snack 10:30	上汤饺子 Dumpling Soup	肉碎陈村粉 Steamed Rice Rolls with Minced Pork	瘦肉粥 Pork Congee	客家蒸米粉 Steamed Rice Noodles	皮蛋瘦肉粥 Pork and Preserved Egg Congee	三丝炒河粉 Fried Rice Noodles with Three Shredded Ingredients	排骨粥 Spare Rib Congee	肉片汤面 Pork Noodle Soup	上汤云吞 Wonton Soup	蒸米粉 Steamed Rice Noodles	瘦肉粥 Pork Congee	蒸饺子 Steamed Dumplings	
午餐 Lunch 11:20- 13:20	法式炖牛肉 French Beef Stew	黑椒洋葱猪肉肠 Pork Sausage with Onion and Black Pepper	粤式蒜香鸡翅 Garlic Chicken Wings	扬州炒饭 Yangzhou Fried Rice	金黄炸鱼柳 Deep-fried Fillet of Fish	香草烤猪寸骨 Roasted Spare Ribs with Vanilla	印度咖喱鸡 Chicken Curry	洋葱烟肉披萨 Onion Pancetta Pizza	荷叶笼仔饭 Steamed Rice in Lotus Leaf	香草鸡扒 Vanilla Chicken Chop	孜然京葱羊肉 Stir-fried Mutton with Cumin	泰式猪颈肉 Roast Pork	
	粤式水晶鸭 Duck	黄豆焖猪手 Braised Pettioes with Soybeans	红烧排骨 Braised Spare Ribs	云耳炒淮山 Fried Jelly Ear and Chinese Yam	冬菇蒸排骨 Steamed Spare Ribs with Mushroom	潮州卤水拼盆 Marinated Meat and Eggs	港式叉烧 Honey-Stewed BBQ Pork	半煎烤牛仔骨 Fried Beef Short Ribs	香菇炖豆腐 Braised Tofu with Mushroom	土豆焖烧肉 Braised Pork with Potatoes	粤式烧鸭 Roast Duck	板栗焖鸡 Braised Chicken with Chinese Chestnut	
	清炒土豆丝 Fried Potatoes	云耳炒黄瓜 Fried Jelly Ear and Cucumber	清炒海带丝 Fried Kelp	红烧蒸冬瓜 Steamed White Gourd	蒜蓉葫芦瓜 Fried Zucchini with Garlic	腊味煲仔饭 Claypot Rice with Dried Meat	清炒黄瓜 Fried Cucumber	英式炸薯条 French Fries	韭菜煎蛋 Fried Eggs with Chinese Chive	云耳炒小瓜 Fried Jelly Ear and Zucchini	蒸水蛋 Steamed Egg	清炒莴笋丝 Fried Celtnce	
	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable
	雪耳红枣糖水 White Fungus and Red Date Sweet Soup	茶树菇排骨汤 Mushroom and Spare Rib Soup	泰式椰汁鸡汤 Chicken Soup with Coconut Juice	莲藕花生大枣汤 Jujube Soup with Lotus-root and Peanut	虫草花鸡汤 Chicken Soup with Cordyceps Militaris	雪耳木瓜糖水 Pawpaw & Snow Fungus Sweet Soup	凉瓜黄豆大骨汤 Pork Soup with Bitter Gourd and Soybeans	新加坡肉骨茶 Bak Kut Teh	淮山玉米大枣汤 Chinese Yam, Corn and Chinese Date Soup	虫草花老鸡汤 Chicken Soup with Cordyceps Militaris	香芋椰汁西米露 Sweet Sago Cream with Coconut Milk and Taro	萝卜马蹄大骨汤 Pork Soup with Carrot and Water-Chestnut	
	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit
	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable
下午点心 Afternoon Snack 15:30	肠仔包 Sausage Bread	流沙包 Cream Custard Bun	菠萝包 Pineapple Bun	麻薯包 Fried Glutinous Rice Cake Stuffed with Bean Paste	奶黄包 Steamed Creamy Custard Bun	香蕉蛋糕 Banana Cake	鸳鸯馒头 Steamed Buns & Deep-Fried Buns	甜玉米 Sweet Corn	菠萝红豆包 Pineapple and Red Bean Bun	紫薯包 Purple Potato Bun	蒸红薯 Steamed Sweet Potatoes	奶黄包 Steamed Creamy Custard Bun	
晚餐 Dinner 17:30-18:00	卡士酸奶 Yogurt	纯牛奶 Milk	卡士酸奶 Yogurt	卡士酸奶 Yogurt	纯牛奶 Milk	卡士酸奶 Yogurt	纯牛奶 Milk	卡士酸奶 Yogurt	卡士酸奶 Yogurt	纯牛奶 Milk	卡士酸奶 Yogurt	纯牛奶 Milk	
	糖醋排骨 Sweet and Sour Spare Ribs	百花酿豆腐 Braised Tofu with Pork		水煮鱼片 Fillets Boiled in Hot Chili Oil	孜然焖鸡块 Braised Chicken Nuggets with Cumin	香芋扣肉 Braised Pork with Taro	椒盐大虾 Fried Prawns with Pepper Sauce		枝竹鱼腩煲 Braised Fish Belly with Yuba	莲藕焖排骨 Braised Spare Ribs with Lotus Root	客家酿凉瓜 Stuffed Bitter Gourd with Pork	特色腐皮卷 Yuba Roll	
	油爆云耳 Stir-fried Jelly Ear	莴笋炒肉片 Fried Pork with Celtnce		芥兰炒腊味 Stir-fried Cured Pork with Chinese Broccoli	萝卜牛丸煲 Braised Beef Balls with Daikon	粤式小炒王 Fried Mixed Vegetables	云南小瓜炒肉片 Fried Pork with Zucchini		杂菇炒肉丝 Fried Pork with Mushroom	榨菜煎蛋 Fried Egg with Preserved Vegetable	酸菜豆腐煲 Braised Tofu with Pickled Chinese Cabbage	茄子豆角 Braised Beans with Eggplant	
	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable		时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable		时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	
	扒芝士三文治 Cheese Sandwich	孜然鸡腿 Cumin Chicken Legs		牛肉汉堡 Beef Burger	香煎青柠鱼块 Fried Fish with Lime	盐焗鸡腿 Salt Baked Chicken Legs	卡真猪扒 Pork Chops with Cajun Spice		火腿三文治 Ham and Egg Sandwich	蜜汁鸡翅 Roasted Chicken Wings	洋葱猪扒 Pork Chops with Onion	盐焗鸡腿 Salt Baked Chicken Legs	
丝瓜肉片汤 Pork Soup with Luffa	萝卜鲫鱼汤 Fish and Daikon Soup		番茄金菇汤 Tomato and Mushroom Soup	紫菜蛋花汤 Seaweed and Egg Soup	豆腐芥菜汤 Tofu Soup with Leaf Mustard	鱼头豆腐汤 Fish and Tofu Soup		冬瓜海味汤 White Gourd and Seafood Soup	芥菜豆腐汤 Tofu Soup with Leaf Mustard	丝瓜肉片汤 Pork Soup with Luffa	萝卜鲫鱼汤 Fish and Daikon Soup		

宵夜 Night Snack 20:45-21:15	威化饼 Wafer	坚果 Nut		坚果/威化饼 Nut/Wafer	核桃酥/番茄条 Walnut Puff Pastry/Tomato Sticks	坚果/葱油饼 Nut/Green Onion Pancake	沙琪玛/薯片 Caramel Treats/Chips		番茄条/坚果 Tomato Sticks/Nut	威化饼/核桃酥 Wafer/Walnut Puff Pastry	坚果/饼干 Nut/Biscuits	沙琪玛/葱油饼 Caramel Treats/Green Onion Pancake
	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit		时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit		时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit
	卡士酸奶 Yogurt	纯牛奶 Milk		纯牛奶 Milk	卡士酸奶 Yogurt	纯牛奶 Milk	卡士酸奶 Yogurt		纯牛奶 Milk	卡士酸奶 Yogurt	纯牛奶 Milk	卡士酸奶 Yogurt

**中小学3月份餐单**  
**Prep & Senior March Menu**

日期 Date	3月17日	3月20日	3月21日	3月22日	3月23日	3月24日	3月27日	3月28日	3月29日	3月30日	3月31日		
	星期五Fri	星期一Mon	星期二Tue	星期三Wed	星期四Thur	星期五Fri	星期一Mon	星期二Tue	星期三Wed	星期四Thur	星期五Fri		
早餐 Breakfast 7:30 - 7:55	淮山卷 Chinese Yam	黑椒鸡肉肠 Chicken Sausage with Black Pepper	肉松饼 Meat Floss Pancake	蒸饺子 Steamed Dumplings	南瓜饼 Pumpkin Pie	黑椒猪肉肠 Pork Sausage with Black Pepper	煎培根 Fried Bacon	洋葱黑椒鸡肉肠 Chicken Sausage with Onion and Black Pepper	薯饼 Hash Browns	山药卷 Chinese Yam	果酱多士 Toast with Jam		
	紫鱼花生粥 Dried Fish and Peanut Congee	皮蛋瘦肉粥 Pork and Preserved Egg Congee	枸杞叶瘦肉汤 Pork Soup with Boxthorn Leaf	香菇鸡丝粥 Shredded Chicken and Mushroom Congee	上汤水饺 Dumpling Soup	排骨粥 Spare Rib Congee	香菇肉片粥 Pork Congee with Mushroom	上汤云吞 Wonton Soup	香芋肉碎粥 Taro and Minced Pork Porridge	牛腩汤米粉 Beef Brisket Rice Noodle Soup	鲜奶麦片粥 Porridge with Milk		
	鸳鸯馒头 Steamed Buns & Deep- Fried Buns	三丝炒河粉 Fried Rice Noodles with Three Shredded Ingredients	梅州捞面 Braised Noodles	鲜菜包 Vegetable Bun	葱油饼 Green Onion Pancake	香滑迷你蛋挞 Mini Egg Tart	三丝炒米粉 Fried Rice Noodles with Three Shredded Ingredients	鸳鸯馒头 Steamed Buns & Deep- Fried Buns	韭黄炒河粉 Fried Rice Noodles with Hotbed Chives	煎饺子 Fried Dumplings	灌汤包 Soup Dumpling		
	糯玉米 Waxy Corn	红薯 Sweet Potatoes	甜玉米 Sweet Corn	水煮花生 Braised Peanut	蒸淮山 Steamed Chinese Yam	烤红薯 Roasted Sweet Potatoes	蒸红薯 Steamed Sweet Potatoes	蒸香芋 Steamed Taro	甜玉米 Sweet Corn	焗南瓜 Baked Pumpkin	甜玉米 Sweet Corn		
	煮鸡蛋 Boiled Eggs	煮鸡蛋 Boiled Eggs	茶叶蛋 Marinated Eggs	煎鸡蛋 Fried Eggs	卤鸡蛋 Marinated Eggs	煮鸡蛋 Boiled Eggs	煮鸡蛋 Boiled Eggs	茶叶蛋 Marinated Eggs	煮鸡蛋 Boiled Eggs	卤鸡蛋 Marinated Eggs	煎鸡蛋 Fried Eggs		
早点 Morning Snack 10:30	番茄鸡蛋汤面 Noodle Soup with Tomato and Egg	上汤云吞 Wonton Soup	排骨粥 Spare Rib Congee	肉片汤河粉 Pork Rice Noodle Soup	蒸饺子 Steamed Dumplings	客家捞面 Braised Noodles	肉片汤河粉 Pork Rice Noodle Soup	上汤云吞 Wonton Soup	皮蛋瘦肉粥 Pork and Preserved Egg Congee	客家蒸米粉 Steamed Rice Noodles	排骨粥 Spare Rib Congee		
午餐 Lunch 11:20- 13:20	半煎烤牛柳 Fried Beef	红烧土豆 Braised Potatoes	奥尔良鸡腿 Orleans Chicken Legs	鲜茄洋葱猪扒 Pork Chop with Tomato and Onion	日式咖喱鱼蛋 Curry Fish Balls	三丝炒意大利面 Fried Spaghetti with Three Shredded Ingredients	扬州炒饭 Yangzhou Fried Rice	香辣猪寸骨 Spicy Spare Ribs	青柠汁鱼柳 Fish Fillet in Lime Sauce	五香盐焗鸭 Salt Baked Duck	黑椒洋葱猪扒 Pork Chops with Onion and Black Pepper		
	花生焖猪手 Braised Pettitoes with Peanuts	枝竹炆鸡蛋 Braised Eggs with Yuba	豉汁蒸排骨 Steamed Spare Ribs in Black Bean Sauce	紫苏焖鸭 Braised Duck with Perilla	客家盐焗鸡 Baked Chicken in Salt	法式炖牛肉 French Beef Stew	香芹东北腐皮 Fried Yuba with Celery	粤式白切鸡 Boiled Chicken	潮州卤水拼盆 Marinated Meat and Eggs	萝卜焖牛腩 Braised Beef Brisket with Carrots	土豆烧鸡腿 Braised Chicken Legs with Potatoes		
	清炒土豆片 Stir-fried Potato Slices	清炒西兰花 Fried Broccoli	香芋腊味煲仔饭 Claypot Rice with Dried Meat and Taro	香菇豆腐 Mushroom and Tofu	清炒黄瓜 Fried Cucumber	奶油土豆泥 Creamy Mashed Potatoes	日式炒杂菜 Fried Vegetables	玻璃汁蒸冬瓜 Steamed White Gourd	云耳炒小瓜 Fried Jelly Ear and Zucchini	清炒莴笋 Fried Celtuce	蒸水蛋 Steamed Egg		
	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	
	茶树菇排骨汤 Mushroom and Spare Rib Soup	玉米羹 Corn Soup	冬瓜薏米水鸭汤 Duck Soup with White Gourd and Pearl Barley	绿豆海带糖水 Mung Bean and Kelp Sweet Soup	眉豆菜干大骨汤 Pork Soup with Dried Vegetable and Bean	鸡丝菠菜汤 Shredded Chicken and Spinach Soup	紫菜蛋花汤 Seaweed and Egg Soup	萝卜大骨汤 Pork Soup with Radish	红豆糖水 Red Bean Sweet Soup	茶树菇鸡汤 Mushroom and Chicken Soup	新加坡肉骨茶 Bak Kut Teh		
	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	
下午茶点 Afternoon Snack 15:30	蒸玉米 Steamed Corn	红豆饼 Red Bean Paste Cookie	灌汤包 Soup Dumpling	蒸红薯 Steamed Sweet Potatoes	香芋包 Taro Bun	甜玉米 Sweet Corn	香蕉蛋糕 Banana Cake	烤红薯 Roast Sweet Potatoes	香菇大菜包 Mushroom and Vegetable Bun	流沙包 Cream Custard Bun	甜玉米 Sweet Corn		
晚餐 Dinner 17:30-18:00	卡士酸奶 Yogurt	卡士酸奶 Milk	纯牛奶 Milk	卡士酸奶 Yogurt	纯牛奶 Milk	卡士酸奶 Yogurt	卡士酸奶 Yogurt	纯牛奶 Milk	卡士酸奶 Yogurt	纯牛奶 Milk	卡士酸奶 Yogurt		
		豉油鸡 Marinated Chicken with Soy Sauce	木耳炒肉丝 Fried Pork with Jelly Ear	咸菜炒烧肉 Fried Pork with Salted Vegetable	水煮牛肉 Sliced Beef in Hot Chili Oil	冬笋炒咸肉 Fried Salted Pork with Bamboo Shoots	清蒸多宝鱼 Steamed Turbot	菠萝咕嚕肉 Sweet & Sour Pork with Pineapple	马蹄蒸肉饼 Steamed Pork with Water Chestnuts				
		鲜菇炒猪丝 Fried Pork with Mushroom	三鲜豆腐 Braised Tofu	鲜虾煎蛋 Fried Egg with Prawns	清炒荷兰豆 Fried Snow Peas	双丸丝瓜煲 Braised Luffa with Meatballs	萝卜丝炒肉 Fried Pork with Carrot	北菇扒西兰花 Broccoli and Mushroom	榄菜肉松豆角 Chopped Pickled Vegetables and Beans				
		时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable	时蔬 Seasonal Vegetable		
		黑椒牛扒 Steak with Black Pepper	辣鸡汉堡 Spicy Chicken Burger	香煎猪扒 Fried Pork Chops	香草鸡翅 Chicken Wings with Vanilla	金黄炸鱼柳 Deep-fried Fillet of Fish	扒芝士火腿三文治 Cheese and Ham Sandwich	黑椒牛仔肉 Black Pepper Beef	卡真鸡扒 Chicken Chops with Cajun Spice				
	凉瓜瘦肉汤 Pork Soup with Bitter Gourd	紫菜蛋花汤 Seaweed and Egg Soup	鱼头豆腐汤 Fish and Tofu Soup	虫草花炖汤 Cordyceps Flowers Soup	西洋菜生鱼汤 Fish and Vegetable Soup	枸杞叶瘦肉汤 Pork Soup with Boxthorn Leaf	清补凉鸡汤 Chicken Soup	丝瓜鲜菇肉片汤 Luffa, Mushroom, and Pork Soup					