

October 2017 Lunch Menu

Monday(10/2)	Tuesday(10/3)	Wednesday(10/4)	Thursday(10/5)	Friday(10/6)
<p>☐A. Rice dry-braised chicken, three cups oyster mushrooms, scrambled eggs with corn and scallions, assorted vegetables</p> <p>A 白米飯 乾燒醬雞丁、三杯杏鮑菇、玉米香蔥炒蛋、青菜</p> <p>☐B. Fried noodles in soy bean sauce dry-braised chicken, three cups oyster mushrooms, scrambled eggs with corn and scallions, assorted vegetables</p> <p>B 古早味炸醬麵 乾燒醬雞丁、三杯杏鮑菇、玉米香蔥炒蛋、青菜</p>	<p>☐A. Fried rice with tomato and shredded meat Japanese-style grilled chicken wing, braised cabbage with bean curd sheet, assorted vegetables</p> <p>A 蕃茄肉絲蛋炒飯 和風煮雞翅、腐皮滷白菜、青菜</p> <p>☐B. Stir-fried noodles Japanese-style grilled chicken wing, potato salad, braised cabbage with bean curd sheet, assorted vegetables</p> <p>B 中式什錦炒麵 和風煮雞翅、馬鈴薯沙拉、腐皮滷白菜、青菜</p>	<p>Moon Festival</p>	<p>☐A. Rice with assorted vegetables fried pork slices with sweet and sour sauce, baby corn with mushrooms, assorted vegetables</p> <p>A 活力蔬菜飯 糖醋咕咾肉、玉米筍炒菇、青菜</p> <p>☐B. Macaroni with smoked chicken in cream fried pork slices with sweet and sour sauce, baby corn with mushrooms, assorted vegetables</p> <p>B 奶油燻雞通心麵 糖醋咕咾肉、玉米筍炒菇、青菜</p>	<p>☐A. Rice Italian seasoning roast chicken, cheese pumpkin au gratin, scrambled eggs with scallions, assorted vegetables</p> <p>A 白米飯 義式香料烤雞排、焗烤乳酪南瓜、香蔥炒蛋、青菜</p> <p>☐B. Spaghetti with Bolognese sauce Italian seasoning roast chicken, cheese pumpkin au gratin, assorted vegetables</p> <p>B 義大利肉醬麵 義式香料烤雞排、焗烤乳酪南瓜、青菜</p>
Monday(10/9)	Tuesday(10/10)	Wednesday(10/11)	Thursday(10/12)	Friday(10/13)
<p>Double Ten Day Holidays</p>	<p>Double Ten Day Holidays</p>	<p>☐A. Minced pork rice braised minced pork, fried cuttlefish balls, stewed egg, stir-fried cucumber with mushrooms</p> <p>A 中式肉燥飯 滷肉、炸花枝丸、滷蛋、野菇小黃瓜</p> <p>☐B. Farfalle with Vienna Sausage and Tomatoes Braised chicken fillet, fried cuttlefish balls, potato gratin, assorted vegetables</p> <p>B 維也納香腸蕃茄蝴蝶麵 滷雞排、炸花枝丸、焗烤馬鈴薯、青菜</p>	<p>☐A. Assorted fried rice Grilled chicken, mapo tofu, assorted vegetables</p> <p>A 什錦蛋炒飯 烤雞排、麻婆豆腐、青菜</p> <p>☐B. Mexican chicken burger French frise, scrambled eggs with onions, assorted vegetables</p> <p>B 墨西哥雞排堡 薯條、洋蔥炒蛋、青菜</p>	<p>☐A. Rice Fried chicken with ground seaweed, creamed cabbage, dry-cooked string beans, assorted vegetables</p> <p>A 白米飯 酥炸海苔雞米花、奶油白菜、乾扁長豆、青菜</p> <p>☐B. Japanese-style sesame cold noodles Fried chicken with ground seaweed, dry-cooked string beans, assorted vegetables</p> <p>B 日式胡麻涼麵 酥炸海苔雞米花、乾扁四季豆、青菜</p>

Monday(10/16)	Tuesday(10/17)	Wednesday(10/18)	Thursday(10/19)	Friday(10/20)
<p>☐A. Brown rice Pork fillet with black pepper, fried cabbage with bacon, scrambled eggs with corn and shrimps, assorted vegetables</p> <p>A 糙米飯 黑胡椒豬排、培根炒高麗、玉米滑蛋蝦仁、青菜</p> <p>☐B. Teppanyaki noodles with pork chop sunny side up eggs, potato gratin, assorted vegetables</p> <p>B 豬排鐵板麵 荷包蛋、焗烤馬鈴薯、青菜</p>	<p>☐A. Rice Sauted meat shreds with soy bean paste, hash brown, Napoli baked vegetables, assorted vegetables</p> <p>A 白米飯 京醬肉絲、炸薯餅、拿坡里烤鮮蔬、青菜</p> <p>☐B. Teriyaki chicken and egg burger Teriyaki chicken, Napoli baked vegetables, assorted vegetables</p> <p>B 照燒雞排蛋堡 照燒雞排、拿坡里烤鮮蔬、青菜</p>	<p>☐A. Taiwanese-style sausage fried rice Barbecued pork, celery with fried dry tofu, vegetables</p> <p>A 台式香腸炒飯 叉燒肉、西芹炒豆干、青菜</p> <p>☐B. Hakka style rice noodles Barbecued pork, celery with fried dry tofu, vegetables</p> <p>B 客家板條 叉燒肉、西芹炒豆干、青菜</p>	<p>☐A. Steamed rice with potato, corn and chicken Fish in vinegar gravy, radish omelet, assorted vegetables</p> <p>A 馬鈴薯玉米雞丁煲飯 醋溜魚柳、菜脯蛋、青菜</p> <p>☐B. Spaghetti with tuna and corn gratin Fish in vinegar gravy, fried tempura, assorted vegetables</p> <p>B 奶油鮪魚玉米焗烤麵 醋溜魚柳、炸香輪片、青菜</p>	<p>Parent Conferences Day</p>
Monday(10/23)	Tuesday(10/24)	Wednesday(10/25)	Thursday(10/26)	Friday(10/27)
<p>☐A. Black rice General Tso's chicken, Japanese style mushrooms and carrots, fried eggs with tomatoes and scallions, assorted vegetables</p> <p>A 紫米飯 左宗棠雞、日式野菇蘿蔔、香蔥蕃茄炒蛋、青菜</p> <p>☐B. Soba noodle with shredded chicken Japanese style mushroom and carrot, fried eggs with tomato and scallion, assorted vegetables</p> <p>B 雞絲蕎麥凉拌麵 日式野菇蘿蔔、香蔥蕃茄炒蛋、青菜</p>	<p>☐A. Tomato and chicken risotto Stir-fried pork, steamed egg, assorted vegetables</p> <p>A 鄉村蕃茄雞肉燉飯 香炒肉片、蒸蛋、青菜</p> <p>☐B. Fujian fried noodles Stir-fried pork, oyster mushrooms with savory crisbean, stir-fried vegetables with shredded chicken</p> <p>B 福建炒麵 香炒肉片、豆酥杏鮑菇、雞絲拌炒青江菜</p>	<p>☐A. Assorted rice with spice Crispy pork chop, pickled cucumber with bonito flakes, celery cabbage</p> <p>A 香料什錦飯 脆皮豬肉、和風柴魚漬黃瓜、開陽白菜</p> <p>☐B. Japanese fried udon noodles Crispy pork chop, pickled cucumber with bonito flakes, celery cabbag</p> <p>B 日式什錦炒烏龍麵 脆皮豬肉、和風柴魚漬黃瓜、開陽白菜</p>	<p>☐A. Rice Tai-style curry coconut chicken, grilled potato with pesto sauce, braised eggplants, assorted vegetables</p> <p>A 白米飯 泰式椰香咖哩雞、青醬燒馬鈴薯、蠔油燒茄段、青菜</p> <p>☐B. Fried noodles with seafood braised eggplants, grilled potato with pesto sauce, assorted vegetables</p> <p>B 什錦海鮮炒麵 蠔油燒茄段、青醬燒馬鈴薯、青菜</p>	<p>☐A. Brown Rice chicken with onions, orange marinated vegetables, curry potatoes, assorted vegetables</p> <p>A 糙米飯 洋蔥雞柳、橙香醃彩蔬、咖哩馬鈴薯、青菜</p> <p>☐B. Chicken pita chicken with onions, curry potatoes, assorted vegetables</p> <p>B 口袋雞肉捲餅 洋蔥雞柳、咖哩馬鈴薯、青菜</p>

Monday(10/30)	Tuesday(10/31)			
<div><div><div>☐A. Stewed chicken with rice in cream</div><div>Corn and potatoes, milk bun, assorted vegetables</div><div>A 皇家奶油雞肉燴飯</div><div>玉米馬鈴薯、餐包、青菜</div></div><div><div>☐B. Chicken pasta with squash and vegetables gratin</div><div>Corn and potatoes, milk bun, assorted vegetables</div><div>B 南瓜雞丁鮮蔬焗烤麵</div><div>玉米馬鈴薯、餐包、青菜</div></div></div>	<div><div><div>☐A. Rice with pork curry</div><div>Sweet potato with honey, Oyster mushrooms with vegetables, assorted vegetables</div><div>A 豬肉咖哩淋飯</div><div>蜜汁地瓜、杏鮑菇炒鮮蔬、青菜</div></div><div><div>☐B. Pasta Carbonara</div><div>roasted chicken with lemongrass, sweet potato with honey, oyster mushrooms with vegetables, assorted vegetables</div><div>B 奶油培根蛋奶麵</div><div>香茅烤雞、蜜汁地瓜、杏鮑菇炒鮮蔬、青菜</div></div></div>			