

Lunch Menu: Apr.29th - May 3rd

BUFFET LUNCH K3-Y2: ¥26 Y3-Y6: ¥30 Y7-Y12: ¥35		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH 主要菜式	WESTERN (A) 西式	Carbonara Pasta(Bacon) 卡班纳意粉(培根) 	Grilled Chicken Wings 烤鸡翅 		Baked Fish with Cherry Tomato 番茄香草嫩橄榄油鱼柳 	Spaghetti Bolognese 牛肉酱意粉 
	ASIAN (B) 亚式	Braised Tomato and Beef 番茄煮牛肉 	Braised Beef with White Radish 萝卜焖牛腩 		Stir Fried Halal Mutton with Scallion 京葱炒清真羊肉 	Korean Spicy Chicken 韩式辣鸡肉 
	VEGETARIAN (C) 素食	Mexican Corn and Mixed Vegetables Rolls 墨西哥玉米蔬菜卷 	Baked Aubergine with Oyster Sauce 烤茄子配蚝油汁 		Scrambled egg with tomato 番茄炒蛋 	Luohanzhai 罗汉斋 
STARCH 主食		Steamed Rice 蒸饭	Mashed Potato土豆泥		Bicolor Rice 蒸杂粮饭	Mix Couscous with Vegetables 拌中东小米和杂菜
		Corn Cob 玉米棒	Steamed Carrot Rice 蒸胡萝卜饭		Pasta with Pesto Sauce 紫苏酱意粉	Steamed Rice 蒸饭
VEGETABLES 配菜	OPTION ONE 选项一	Choy Sum /菜心 	Long Bean 炒豆角 		Cauliflower/Broccoli 菜花/西兰花 	Chinese Cabbage 大白菜 
	OPTION TWO 选项二	Diced Radish 红油萝卜丁 	Roast Vegetables with Olive Oil and Black Pepper 橄榄油拌烤蔬菜 		Mixed Noodle Skin 拌粉皮 	Mixed Fungus and Cucumber 青瓜拌木耳 
	SIDE FOOD	Lettuce and Tomatoes 生菜番茄	Lettuce and Tomatoes 生菜番茄		Lettuce and Tomatoes 生菜番茄	Lettuce and Tomatoes 生菜番茄
SNACK OPTION 简易餐 25rmb/ Box	VEGETARIAN (D) 素食	Cheese Quesadillas 烤芝士墨西哥饼/小番茄/玉米棒 	Cheese Pizza with Cherry Tomatoes/Cucumber 芝士披萨/青瓜/圣女果 		Cheese Tomatos Sandwich 番茄芝士三明治 	Seaweed Sushi 海草寿司饭团 
	NON-VEGETARIAN 含肉类 (E)	Ham and Cheese Sandwich 火腿芝士三明治 	Tuna Tortilla Roll 吞拿鱼生菜墨西哥饼卷 		Breast, Corn, Chickpea, Broccoli, Cabbage, Cherry Tomato 轻食-鸡胸肉, 玉米, 鹰嘴豆, 西兰花 	Pork Dumplings with Vegetables(Pork/Corn) 煮猪肉玉米饺子和蔬菜 
	NON-VEGETARIAN 含肉类 (F)	Roast Chicken Leg with Steamed Potatos 烤鸡全腿和蒸土豆块 	Beef and Gherkin and Cheese Sandwich 牛肉酸黄瓜芝士三明治 		Eel Sushi 鳗鱼寿司 	Chicken Sandwich 鸡肉蔬菜三明治 
FRUIT	Banana香蕉	Pear 梨		Tangerine 沃柑	Yogurt 酸奶	
DESSERT	Croissant 牛角包	Chocolate Cake 巧克力蛋糕		Peach Cake 黄桃蛋糕		