



## Shanghai United International School Weekly Lunch Menu

周一 Monday 4.22		周二 Tuesday 4.23		周三 Wednesday 4.24		周四 Thursday 4.25		周五 Friday 4.26		
点心	Snack	三鲜烧卖 Fresh pork with three kinds of fresh 红豆汤 Red Bean soup	贵妃蛋糕 Princess Cake 酸奶 Yoghurt	羊角面包 croissant 血糯米粥 Blood glutinous rice porridge	燕麦饼干 Oatmeal cookies 酸奶 Yoghurt	布朗尼 Brownies 酸奶 Yoghurt				
L U N C H	C H I N E S E	中餐	百叶结烧肉 Stewed Pork Cubes and Tofu Skin 竹笋腌笃鲜 Preserved bamboo shoots and fresh 黄瓜炒蛋 Cucumber scrambled egg 木耳绿豆芽 Mushroom green bean sprouts 冬瓜蛋花汤 White Gourd Egg&vegetable soup 香蕉 Banana	清蒸龙利鱼 Steamed arowana 奥尔良烤鸡腿 Orleans roasted chicken legs 肉米粉丝卷心菜 Red cabbage with rice and vermicelli 杭白菜 Cabbage 西红柿蛋花汤 Tomatoes egg soup 西梅 Prunes	走油肉 Steamed meat 山药玉米小排 Yam and corn chops 豇豆炒肉丝 Fried cowpea with meat slices 大白菜炒年糕 Fried Rice Cake with Chinese Cabbage 玉米小排汤 Corn Chop Soup 香梨 Fragrant pear	红烧大排 Broilded Pork 葱油鸡块 Fried chicken with scallions 木耳千叶豆腐肉片 Mushroom and Thousand Leaf Tofu Pork Slices 青椒土豆丝 Shredded Potato with Green Pepper 豆腐榨菜肉丝汤 Tofu Soup with shredded 圣女果 Cherry Tomatoes	私房酱鸭 Brown sauced duck 油爆虾烩年糕 Sauteed shrimp with rice cake 西红柿炒蛋 Tomatoes with fried eggs 香菇青菜 Mushroom with green cabbage 紫菜蛋汤 Laver egg soup 香蕉 Banana			
	W E S T E R N	西餐	奶油培根土豆泥 Cream bacon and mashed potatoes 照烧去骨鸡 Teriyaki boneless chicken 虾仁西兰花 Shrimp and broccoli 玉米棒 Corn Cob	茄汁肉酱墨鱼面 Cuttlefish noodles with tomato sauce 咖喱牛腩炖土豆 Curry beef with stewed potatoes 香烤培根 Roasted bacon 香菇牛心菜 Shiitake mushroom and beef cabbage	西式肉米炒饭 Fried rice 茄汁肉片 Eggplant sauced meat slices 椒盐烤土豆 Spicy and salt roasted potatoes 西兰花 Broccol	橄榄菜螺丝面 Olive vegetable screw noodles 金针菇培根卷 Mushroom bacon roll 西芹玉米肉丝 Celery, corn, shredded meat 香烤南瓜 Roasted pumpkin	三明治 Sandwiches 原味鸡块 Original chicken nuggets 薯条 French fries 菠菜 spinach			
	N O O D L E	面食	精大肉面 Jingda Roumian 卤蛋 Five flavoured eggs 芹菜香干肉丝 Celery with dried bean curd 青菜 a variety of Chinese cabbage	虾皮紫菜水饺 Dumplings 鸡腿 chicken leg	走油肉面 Take the meat noodle with oil 莴笋炒蛋 Lettuce with scarmbled eggs 五香香干 Five flavoured bean curds 杭白菜 Cabage	咖喱牛肉粉丝汤 Curry beef soup 牛肉片 Beef slices 鹌鹑蛋 Quail eggs 油豆腐果/香菜 Oil bean curd	玉米小排面 Corn with rib noodles 莴笋炒肉片 Lettuce with stir-fried meat slices 五香豆腐干 Five flavoured bean curds 青菜 Green cabbage			