



## Shanghai United International School Weekly Lunch Menu (International Stream)

		Date					
		周一 <b>Monday</b> 10.21	周二 <b>Tuesday</b> 10.22	周三 <b>Wednesday</b> 10.23	周四 <b>Thursday</b> 10.24	周五 <b>Friday</b> 10.25	
点心	Snack	Shumai <b>烧麦</b>	Roman Shield <b>罗马盾牌</b>	Baozi Stuffed with Creamy Custard <b>奶黄包</b>	Pumpkin Bread <b>南瓜面包</b>	Brownie <b>布朗尼</b>	
		Pumpkin Congee <b>南瓜粥</b>	Yogurt <b>酸奶</b>	Red Bean Soup <b>红豆汤</b>	Yogurt <b>酸奶</b>	Yogurt <b>酸奶</b>	
L U N C H	C H I N E S E	中餐	Beef Paste with Black Pepper Sauce <b>黑椒汁牛肉饼</b>	Stewed Beef in Curry with Potato <b>咖喱牛肉炖土豆</b>	Sweet-and-Sour Pork with Pineapple <b>菠萝咕咾肉</b>	Braised Pork Rib <b>红烧大排</b>	Shrimp with Spiced Salt <b>油爆虾</b>
			Braised Chopped Chicken <b>红烧鸡块</b>	Tofu Skin Rolls with Minced Pork <b>百叶包肉</b>	Salted Duck <b>五香盐水鸭</b>	Steamed Egg with Minced Pork <b>肉糜蒸蛋</b>	Duck in Brown Sauce <b>私房酱鸭</b>
			Minced Pork with Seaweed <b>青海带肉丝</b>	Sliced Pork with Tofu <b>家常豆腐肉片</b>	Fried Egg with Lettuce <b>莴笋丝炒蛋</b>	Sautéed Sliced Pork and Lotus Root with Pepper in Iron Wok <b>干锅藕片肉片</b>	Fried Egg with Tomato <b>西红柿炒蛋</b>
			White Gourd in Scallion, Oil and Soy Sauce <b>葱油冬瓜</b>	Mushroom and Vegetable <b>香菇青菜</b>	Curry Potato <b>咖喱土豆片</b>	Vegetable and Black Fungus <b>木耳杭白菜</b>	Sautéed Shredded Potato with Pepper <b>青椒土豆丝</b>
			Egg and Seaweed Soup <b>紫菜蛋花汤</b>	Tofu Soup with Mustard Green <b>荠菜豆腐肉丝汤</b>	Red Bean Soup <b>红豆汤</b>	Egg Soup with White Gourd <b>冬瓜蛋花汤</b>	Egg Soup with Tomato <b>西红柿蛋花汤</b>
	W E S T E R N	西餐	Baked Rice <b>肉酱焗饭</b>	Seafood Udon <b>海鲜烩乌冬面</b>	Penne Pasta with Beef in Black Pepper Sauce <b>黑椒牛肉空心粉</b>	Rice with Stewed Pork <b>特色卤肉饭</b>	Fussili Bolognese with Seafood in Tomato Sauce <b>茄汁海鲜肉酱螺丝面</b>
			Spring Chicken and Herb <b>香酥童子鸡</b>	Sliced Pork with Marrow <b>西葫芦肉片</b>	Fried Shrimp with Egg <b>虾仁炒蛋</b>	Celery and Corn <b>西芹玉米粒</b>	Cauliflower with Bacon <b>培根有机花菜</b>
			Cabbage and Mushroom <b>香菇牛心菜</b>	Pumpkin <b>香甜南瓜</b>	Spinach <b>芝麻菠菜</b>	French Fries <b>香炸薯条</b>	Vegetable with Mushroom <b>香菇鸡毛菜</b>