



SEDBERGH SCHOOL
赛德文学校

- 5th–09th Dec
- Menu

Sodexo

We care about your health



		星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY	
上午点心 Morning Snack		鲜牛奶+蒸饺 Milk + Steamed Dumplings	鲜牛奶+水果塔 (手工) Milk + Fruit Tart (Handmade)	鲜牛奶+千层饼 (手工) Milk + Thousand Layer Pancake (Handmade)	鲜牛奶+海苔肉松包 (手工) Milk + Nori Sheet and Meat Floss Buns (Handmade)	鲜牛奶+鲜肉烧麦 Milk + Shumai with Pork	
中式午餐 Chinese Lunch	主食 Mains	白米饭 Steamed Rice	泰式炒米粉+菠萝炒饭 Thai Style Fried Rice Noodle + Fried Rice with Pineapple	玉米麦片饭 Corn Oatmeal and Rice	法式香肠紫米炒饭+白汁海鲜面 French Fried Purple Rice with Sausage + Seafood Noodle Bechamel Sauce	香芋虾米焖饭 Braised Rice with Taro and Dried Shrimp	
	主荤 Main Entrée	中大班 ZB&DB	可乐鸡翅+鹌鹑蛋 Cola Chicken Wings + Quail Egg	泰式酱汁牛排 Steak with Thai Special Sauce	番茄无骨鱼 Tomato and Fish (Boneless)	法式土豆煎鸡腿肉 French Pan-fried Chicken Leg Meat with Potato	红烧肉炖海带 Braised Pork Belly and Kelp Silk with Soy Sauce
		托小班 XXB&XB	可乐鸡翅+鹌鹑蛋 Cola Chicken Wings + Quail Egg	泰式酱汁牛排 Steak with Thai Special Sauce	番茄无骨鱼 Tomato and Fish (Boneless)	法式土豆煎鸡腿肉 French Pan-fried Chicken Leg Meat with Potato	红烧肉炖海带 Braised Pork Belly and Kelp Silk with Soy Sauce
	副荤 Side Dish	蒜蓉粉丝蒸虾 Steamed Shrimp with Vermicelli and Garlic Paste		青椒炒肉丝 Green Bell Pepper Stir-fried with Shredded Pork		板栗焖鸭肉 Braised Duck Meat with Chestnut	
	时蔬 Vegetable	清炒油麦菜 Stir-fried Leafy Lettuce	清炒上海青 Stir-fried Bok Choy	白灼生菜 Boiled Lettuce	芝士焗南瓜 Baked Pumpkin with Cheese	糖醋大白菜 Sweet and Sour Chinese Cabbage	
	汤 Soup	山药枸杞小排汤 Pork Rib Soup with Yam and Wolfberry	玉米鸡茸汤 Corn and Chicken Chowder	西红柿菌菇豆腐汤 Tomato Mushroom and Tofu Soup	法式洋葱汤 French Onion Soup	冬瓜羊肉汤 Wax Gourd and Lamb Soup	
下午点心 Afternoon Snack		银耳百合羹+卡通包+圣女果+哈密瓜 White Fungus and Lily Bulb Sweet Soup + Steamed Cartoon Buns + Cherry Tomato + Hami Melon	香菇青菜粥+五香卷+橙子+苹果 Mushroom and Bok Choy Congee + Five Spices Roll + Orange + Apple	冰糖红豆汤+西式红枣糕 (手工)+香蕉+砂糖橘 Red Bean Soup with Rock Sugar + Western Red Date Cake (Handmade) + Banana + Tangerine	鸭汤米线+香菇小肉包 (手工)+火龙果+水晶梨 Rice Noodle and Duck Soup + Mushroom and Pork Buns (Handmade) + Dragon Fruit + Pear	甘蔗马蹄汤+法式小面包 (手工)+柚子+冬枣 Sugar Cane and Water Chestnut Soup + French Buns (Handmade) + Grapefruit + Winter Jujupe	

