



SEDBERGH SCHOOL  
赛德文学校

- 12<sup>th</sup>–16<sup>th</sup> 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
早上点心 Morning Snack				鲜牛奶+菠菜煎饼（手工） Milk + Pancake with Spinach (Homemade)	鲜牛奶+水果蛋糕卷（手工） Milk + Fruit Cake Roll (Homemade)	鲜牛奶+鸡蛋饼（手工） Milk + Omelette (Handmade)	鲜牛奶+香肠小面包（手工） Milk + Hot Dog Buns (Handmade)	鲜牛奶+葱花卷 Milk + Steamed Flower Roll with Scallion
中式午餐 Chinese Lunch	主食 Mains			白米饭 Steamed Rice	虾仁叉烧炒饭+茄汁螺旋意面 Fried Rice with Shrimp and BBQ Pork + Fusilli with Eggplant Sauce	五谷饭团 Mixed Grain Onigiri	日式蛋包饭+芝士焗红薯 Japanese Omelette Rice + Cheesy Baked Sweet Potato	土豆肉丝盖饭 Braised Rice with Potato and Shredded Pork
	主荤 Main Entrée	中大班 ZB&DB	胡萝卜木耳炒鸡蛋 Scrambled Egg with Carrot and Black Fungus	蜜汁椒盐羊排 Sweetened Lamb with Salt and Pepper	海带结鲮鱼豆腐煲 Kelp Knots Cod Fish and Tofu Stew	黑椒杏鲍菇牛肉粒 Diced Beef and Oyster Mushroom with Black Pepper Sauce	椒盐鱿鱼圈 Fried Calamari with Salt and Pepper	
		托小班 XXB&XB	胡萝卜木耳炒鸡蛋 Scrambled Egg with Carrot and Black Fungus	蜜汁椒盐羊排 Sweetened Lamb with Salt and Pepper	海带结鲮鱼豆腐煲 Kelp Knots Cod Fish and Tofu Stew	黑椒杏鲍菇牛肉粒 Diced Beef and Oyster Mushroom with Black Pepper Sauce	椒盐鱿鱼圈 Fried Calamari with Salt and Pepper	
	副荤 Side Dish			鱼丸杂菌煲 Fish Ball and Mushroom Stew		菠萝里脊肉 Sweet and Sour Pork with Pineapple		青椒炒鸡肉丝 Stir-fried Shredded Chicken with Green Pepper
	时蔬 Vegetable			清炒时菜心 Stir-fried Cantonese Cabbage	莴笋+玉米棒 Celtuce + Corn Cub	清炒菠菜 Stir-fried Spinach	黄油西兰花 Buttered Broccoli	红烧南瓜 Braised Pumpkin with Soy Sauce
	汤 Soup			虫草乌鸡汤 Cordyceps Flower and Silkie Chicken Soup	西式番茄海鲜汤 Tomato and Seafood Soup	金针菇肉丝汤 Enoki Mushroom and Shredded Pork Soup	罗宋汤 Borsch	紫菜馄饨汤 Laver and Dumpling Soup
下午点心 Afternoon Snack				红糖枣仁粥+紫薯包+无籽红提+火龙果 Rock Sugar and Red Date Congee + Purple Sweet Potato Bun + Seedless Red Grape + Dragon Fruit	冬瓜鱼丸汤+三鲜炒面+橙子+哈密瓜 Wax Gourd and Fish Ball Soup + Fried Noodle with Three Ingredients + Orange + Hami Melon	黑米芝麻糊+三明治+金桔+水晶梨 Black Rice and Sesame Paste + Sandwich + Kumquat + Pear	山药鸡蛋羹+春卷+冬枣+柚子 Yam and Egg Soup + Deep Fried Spring Roll + Winter Jujube + Grapefruit	橘子蜂蜜水+奥利奥小麻薯（手工）+苹果+猕猴桃 Tangerine and Honey Water + Oreo Mochi (Handmade) + Apple + Kiwi Fruit

