

# ISA International School Lunch Menu

week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Soup 汤</b> Wax gourd chicken soup 冬瓜鸡蓉汤</p>	<p><b>Soup 汤</b> Cream of mushroom Soup 蘑菇奶油汤</p>	<p><b>Soup 汤</b> Raw fish &amp; papaya soup 鲫鱼木瓜汤</p>	<p><b>Soup 汤</b> Cream of cabbage soup 奶油椰菜汤</p>	<p><b>Soup 汤</b> Chicken soup 淮山胡萝卜香菇老鸡汤</p>
<p><b>Main Course 主食</b> Fried noodles with sprouts &amp; carrot (V) 豆芽胡萝卜青菜炒全蛋面 or 或 Japanese style chicken curry 日式咖喱鸡配土豆胡萝卜 Rice 白米饭 Seasonal vegetable(Two choice) 时令蔬菜 (青豆角、娃娃菜) Pickled vegetables 小菜 (什锦菜)</p>	<p><b>Main Course 主食</b> Baked macaroni of pesto cream in zucchini (V) 节瓜番茄丁罗勒奶油焗弯通粉 or 或 Fried beef mushroom in oystersauce 香芹青蒜炒牛肉片 Rice 白米饭 Seasonal vegetable(Two choice) 时令蔬菜 (云南小瓜、大白菜) Pickled vegetables 小菜 (虎皮青椒)</p>	<p><b>Main Course 主食</b> Green garlic kimchi fried rice noodles(V) 青蒜泡菜酱油炒米粉 or 或 Panfried sole fish with potato 香煎龙利鱼柳配烤新土豆 Rice 白米饭 Seasonal vegetable(Two choice) 时令蔬菜 (西葫芦、台湾小白菜) Pickled vegetables 小菜 (香菜心)</p>	<p><b>Main Course 主食</b> Pasta in vegetable tomato sauce (V) 番茄蔬菜酱阔身面 (洋葱, 西芹, 胡萝卜) or 或 或 Braised chicken with Bean curd stick 腐竹焖鸡腿块 Rice 白米饭 Seasonal vegetable(Two choice) 时令蔬菜 (冬瓜、上海青) Pickled vegetables 小菜 (芥头)</p>	<p><b>Main Course 主食</b> Fried Spaghetti with vegetable (V) 香菇椰菜甘笋炒意粉 or 或 BBQ beef brisket with potato BBQ酱烤牛腩配土豆 Rice 白米饭 Seasonal vegetable(Two choice) 时令蔬菜 (南瓜、芥菜) Pickled vegetables 小菜 (炸菜丝)</p>
<p><b>Cool Dish 冷盘</b> Sushi (Egg) 鸡蛋吞拿鱼寿司 Kimchi 韩国泡菜 Mixed lettuce 混合蔬菜 Cherry tomatoes 樱桃茄 Sweet corn 甜玉米 Sweet pea 甜豌豆 Black &amp; green olive 去核青黑橄榄 Dressing (Two choice) 酱汁 Seasonal salad 时令沙拉 (苹果) Shrimp pepper pasta salad 虾仁彩椒弯通粉沙拉 Cold black fungus(chinese style) 凉拌木耳</p>	<p><b>Cool Dish 冷盘</b> Sushi (sea eel) 鳗鱼寿司 Kimchi 韩国泡菜 Mixed lettuce 混合蔬菜 Cherry tomatoes 樱桃茄 Sweet corn 甜玉米 White bean 白腰豆 Pickled cucumber 酸黄瓜 Dressing (Two choice) 酱汁 Seasonal salad 时令沙拉 (杂菇) Chicken potato salad 香煎鸡肉丁土豆沙拉 Cold Lotus root (chinese style) 凉拌莲藕</p>	<p><b>Cool Dish 冷盘</b> Sushi (Beef) 牛肉寿司 Kimchi 韩国泡菜 Mixed lettuce 混合蔬菜 Cherry tomatoes 樱桃茄 Sweet corn 甜玉米 Kidney bean 红腰豆 Celery heart 芹菜心 Dressing (Two choice) 酱汁 Seasonal salad 时令沙拉 (芒果) Egg tomato salad 风味番茄鸡蛋沙拉 Cold kelp (chinese style) 凉拌海带丝</p>	<p><b>Cool Dish 冷盘</b> Sushi (Salmon) 三文鱼寿司 Kimchi 韩国泡菜 Mixed lettuce 混合蔬菜 Cherry tomatoes 樱桃茄 Sweet corn 甜玉米 Chickpea 鹰嘴豆 Artichokes 朝鲜蓟 Dressing (Two choice) 酱汁 Seasonal salad 时令沙拉 (甜豆) Smoked salmon &amp; vegetable pesto salad 烟三文鱼扒蔬菜罗勒酱沙拉 Cold cucumber (chinese style) 凉拌青瓜</p>	<p><b>Cool Dish 冷盘</b> Sushi (Chicken) 鸡肉寿司 Kimchi 韩国泡菜 Mixed lettuce 混合蔬菜 Cherry tomatoes 樱桃茄 Sweet corn 甜玉米 Baked bean 烘培黄豆 Pickled onion 腌小洋葱 Dressing (Two choice) 酱汁 Seasonal salad 时令沙拉 (菠萝) Beef noodles salad 牛肉粉丝沙拉 Cold mushroom(chinese style) 凉拌杂菇</p>
<p><b>Seasonal fresh fruit</b> (Three choice) 三种 时令水果</p>	<p><b>Seasonal fresh fruit</b> (Three choice) 三种 时令水果</p>	<p><b>Seasonal fresh fruit</b> (Three choice) 三种 时令水果</p>	<p><b>Seasonal fresh fruit</b> (Three choice) 三种 时令水果</p>	<p><b>Seasonal fresh fruit</b> (Three choice) 三种 时令水果</p>

V = Vegetarian

