

# ISA International School Lunch Menu

week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Soup 汤</b> Green pea &amp; potato soup 青豆土豆浓汤</p>	<p><b>Soup 汤</b> Wax gourd&amp;toixseed ink fish soup 冬瓜薏仁墨鱼汤</p>	<p><b>Soup 汤</b> Cream of carrot soup 奶油胡萝卜汤</p>	<p><b>Soup 汤</b> Chicken soup 粉葛马蹄胡萝卜老鸡汤</p>	<p><b>Soup 汤</b> Apple &amp; carrot soup 苹果胡萝卜百合汤</p>
<p><b>Main Course 主食</b> Garlic tomato broccoli fusilli (V) 蒜香番茄西兰花螺旋粉 or 或 Fried chicken with celery 香芹炒鸡腿肉 Rice 白米饭 Seasonal vegetable(Two choice) 时令蔬菜 (冬瓜、广东菜心) Pickled vegetables 小菜 (笋丝)</p>	<p><b>Main Course 主食</b> Fried noodles spring onion sprouts (V) 香葱豆芽炒米粉 or 或 Steam Beef brisketwith soya ginger sauce 蒸牛腩酱油姜汁 Rice 白米饭 Seasonal vegetable(Two choice) 时令蔬菜 (西兰花、天津大白菜) Pickled vegetables 小菜 (雪菜)</p>	<p><b>Main Course 主食</b> Cream of onion pepper spaghetti (V) 洋葱彩椒奶油意粉or 或 Sole fish fillets with sweet and sour red onion strips 酸甜龙利鱼条配红 洋葱条 Rice 白米饭 Seasonal vegetable(Two choice) 时令蔬菜 (南瓜、奶白菜) Pickled vegetables 小菜 (萝卜干)</p>	<p><b>Main Course 主食</b> Fried Udon with spring onion &amp; kimchi(V)香葱泡菜乌冬面 or 或 Roasted chicken with Thai style sauce 烤鸡腿泰式甜辣酱 Rice 白米饭 Seasonal vegetable(Two choice) 时令蔬菜 (花菜、生菜) Pickled vegetables 小菜 (豇豆)</p>	<p><b>Main Course 主食</b> Thai sweet chili sauce and penne(V) 泰式甜辣酱花菜通粉 or 或 Fried beef with pleurotuseryngii 杏鲍菇炒牛肉片 Rice 白米饭 Seasonal vegetable(Two choice) 时令蔬菜 (茄子、油麦菜) Pickled vegetables 小菜 (榨菜心)</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 (番茄) Tuna fish potato salad 吞拿鱼土豆沙拉 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 酸青瓜 Dressing (Two choice) 酱汁 Seasonal salad 时令沙拉 (木瓜) Air dried tomato pesto pasta salad 风干番茄酱天使幼面沙拉 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 (双色椰菜) Japanese potato tomato salad 日式土豆番茄沙拉 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 (苹果西芹) Russian style seasonalsalad 俄式时锦沙拉 (土豆, 胡萝卜, 酸 青瓜, 毛豆, 鸡蛋, 牛肉) 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 (土豆胡萝卜) Chicken tomato couscous salad 鸡肉番茄中东米沙拉 Cold mushroom(chinese style) 凉拌杂菇</p>
<p><b>Seasonalfreshfruit</b> (Three choice) 三种 时令水果</p>	<p><b>Seasonalfreshfruit</b> (Three choice) 三种 时令水果</p>	<p><b>Seasonalfreshfruit</b> (Three choice) 三种 时令水果</p>	<p><b>Seasonalfreshfruit</b> (Three choice) 三种 时令水果</p>	<p><b>Seasonalfreshfruit</b> (Three choice) 三种 时令水果</p>

V = Vegetarian

