

LFIC LUNCH MENU

自助餐 Buffet	20262/2 周一 Monday	20262/3 周二 Tuesday	20262/4 周三 Wednesday	20262/5 周四 Thursday	20262/6 周五 Friday
肉菜类(非猪肉) Proteins (Non Porc)	甜椒土豆片炒牛肉 tir-fried Beef with Bell Peppers and Potatoes	蜂蜜土豆鸭肉丁 Honey potato chicken cubes	黑椒洋葱鸡扒 Black Pepper Chicken Strips with Onions	芝麻蜜汁鸡中翅 Sesame honey chicken wings	黑椒菠萝牛肉 Beef with black pepper and pineapple
肉菜类(猪肉) Proteins (Porc)	豆角煎蛋 Fried egg with string beans	清甜玉米粒炒虾仁 Sautéed shrimp with sweet corn	土耳其风味龙利鱼柳 Turkish - Style Baked Sole Fish	炭烤烟熏鸭脯肉 Honey Glazed Smoked Duck Breast	三杯鸡 Three cups of chicken
主食 Staple food	蒜苔肉丝 Garlic Moss and Shredded Pork	农家小炒肉 Shredded Pork with Vegetables	青椒炒肉片 Stir fried pork slices with cucumber	榄菜豆角肉沫 Olive Vegetable with green beans and minced pork	菜干焖肉 Braised Pork with Dried Vegetables
蔬菜及其他 Vegetables and others	T骨猪扒 T-bone Pork Chop	豆干炒肉丝 Fried Shredded Pork with dried tofu	肉酿茄盒 Stuffed Eggplant Boxes	莴笋肉丝 Lettuce with shredded pork	西芹炒肉片 Stir fried pork slices with celery
	海鲜意大利粉 Spaghetti with seafood	牛肉洋葱土豆泥 Hachis Parmentier	羊肉饺子 Mutton dumplings	黄金奶香馒头 Milk flavored Steamed bun	鸡蛋玉米炒饭 Fried rice with eggs and corn
	奶香馒头 Milk flavored Steamed bun	海苔碎炒饭 Fried rice with shrimps and corn kernels	青菜火腿炒饭 Fried rice with vegetables and chicken ham	三色玉米鸡肉炒饭 Fried rice with corn and chicken	XO酱乌冬面 Stir-fried Udon Noodles with XO Sauce
	蒜蓉菜心 Garlic and vegetable heart	金针菇烩日本豆腐 Braised Japanese Tofu with needle mushroom	蒜蓉西兰花 Broccoli with garlic	蒜蓉上海青 Garlic pak choi	地中海蔬菜杂烩 Ratatouille
	红萝卜丝炒鸡蛋 Fried egg with shredded radish	清炒老南瓜 Stir-fried old pumpkin	西红柿炒鸡蛋 Scrambled eggs with tomatoes	清炒土豆丝 Stir-fried shredded potatoes	小炒莴笋丝 Stir-fried shredded lettuce
汤类 Soup	椰子鸡汤 Coconut chicken soup	木耳银耳红枣汤 Fungus, tremella and red date soup	红豆沙 Red bean paste	牛奶南瓜羹 Pumpkin custard with milk	虫草花鸡汤 Cordyceps flower chicken soup
水果 Fruits	无籽青提 Seedless green extract	香蕉 Banana	橙子 Orange	蜜柑 mandarin orange	香梨 Pear
饮品 Drinks	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 Yogurt	酸奶 Yogurt
点心 Pastry	桂花小米糕 Fragrans-scented rice cake	小油条 Chinese Churros	黑糯米糕 Black glutinous rice cake	大笑南瓜饼 pumpkin pie	奶油面包 Milk bread
幼儿园 Maternelle	20262/2 周一 Monday	20262/3 周二 Tuesday	20262/4 周三 Wednesday	20262/5 周四 Thursday	20262/6 周五 Friday
肉菜类 Meat Dish	甜椒土豆片炒牛肉 tir-fried Beef with Bell Peppers and Potatoes	清甜玉米粒炒虾仁 Sautéed shrimp with sweet corn	黑椒洋葱鸡扒 Black Pepper Chicken Strips with Onions	芝麻蜜汁鸡中翅 Sesame honey chicken wings	黑椒菠萝牛肉 Beef with black pepper and pineapple
主食 Staple food	海鲜意大利粉 Spaghetti with seafood	海苔碎炒饭 Fried rice with shrimps and corn kernels	羊肉饺子 Mutton dumplings	三色玉米鸡肉炒饭 Fried rice with corn and chicken	XO酱乌冬面 Stir-fried Udon Noodles with XO Sauce
蔬菜及其他 Vegetables and others	蒜蓉菜心 Garlic and vegetable heart	清炒老南瓜 Stir-fried old pumpkin	西红柿炒鸡蛋 Scrambled eggs with tomatoes	清炒土豆丝 Stir-fried shredded potatoes	地中海蔬菜杂烩 Ratatouille
水果 Fruits	无籽青提 Seedless green extract	香蕉 Banana	橙子 Orange	蜜柑 mandarin orange	香梨 Pear
饮品 Drinks	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 Yogurt	酸奶 Yogurt
点心 Pastry	桂花小米糕 Fragrans-scented rice cake	小油条 Chinese Churros	黑糯米糕 Black glutinous rice cake	大笑南瓜饼 pumpkin pie	奶油面包 Milk bread

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自助餐 Buffet	20262/9 周一 Monday	20262/10 周二 Tuesday	20262/11 周三 Wednesday	20262/12 周四 Thursday	20262/13 周五 Friday
肉菜类(非猪肉) Proteins (Non Porc)	可乐鸭 Cola duck 椰香芋头炖牛肉 Beef stewed with taro in coconut flavor	酸甜菠萝咕咾鸡球 Sweet and sour pineapple sweet and 酸菜鱼片 Fish Fillet with pickled Chinese cabbage	金蒜牛肉 Golden Garlic Beef 青椒榨菜炒鸡肉 Stir fried chicken with green pepper and	香菇蒸鸡腿肉 Steamed chicken leg with mushrooms 豆腐蒸虾仁 Steamed Shrimp with Tofu	金针云耳蒸鸡 Steamed Chicken with mushrooms 普罗旺斯炖羊肉 Provence stewed lamb
肉菜类(猪肉) Proteins (Porc)	冬瓜焖肉丸 Braised pork balls with winter melon 三色肉丁 Diced pork with corn and carrots	酸甜咕咾肉 Braised pork with preserved mustard 青豆角肉丝 Green bean fillet shredded pork	青瓜炒肉片 Stir fried Pork Slices with Broccoli 豆泡焖肉 Braised Pork with tofu Soak	香芋扣肉 Taro with braised pork 豆角茄子炒肉丝 Stir fried pork with green beans and eggplant 清蒸红薯 Steamed sweet potato	马蹄萝卜蒸肉饼 Steamed pork patties with water 豆干炒肉丝 Fried Shredded Pork with dried tofu 牛肉酱肠粉 Bolognese with beef sauce
主食 Staple food	三丝炒面 Fried noodles with three shreds 鸡蛋炒饭 Fried rice with egg	清蒸玉米棒 Steamed corn 鸡蛋玉米粒炒饭 Fried rice with egg and corn kernels	牛肉洋葱土豆泥 Hachis Parmentier 咖喱炒饭 Fried Rice with curry	青菜火腿炒饭 Fried rice with vegetables and chicken	扬州炒饭 Yangzhou fried rice
蔬菜及其他 Vegetables and others	地中海蔬菜大杂烩 Ratatouille 蒜蓉娃娃菜 Baby cabbage with garlic	清蒸水蛋 Steamed egg water 蒜蓉上海青 Shanghai green with garlic sauce	蒜蓉菜心 Garlic cabbage 西红柿炒鸡蛋 Scrambled eggs with tomatoes	包菜炒粉丝 Fried cabbage with vermicelli 清炒茄子 Stir-fried eggplant	萝卜丝炒花菜 Sliced Radish Stir-Fried with Cauliflower 西红柿炒鸡蛋 Scrambled eggs with tomatoes
汤类 Soup	牛奶南瓜羹 Pumpkin custard with milk	雪梨银耳红枣汤 Snow pear tremella and red date soup	香芋西米露 Sweet taro sago dew	海带虾米汤 Seaweed and Shrimp Soup	霸王花鸡汤 Bawanghua chicken soup
水果 Fruits	无籽青提 Seedless green grape	哈密瓜 Melon	红火龙果 Red dragon fruit	香梨 pear	苹果 Apple
饮品 Drinks	酸奶 yoghurt	酸奶 yoghurt	酸奶 Yogurt	酸奶 yoghurt	酸奶 Yogurt
点心 Pastry	蝴蝶包 Butterfly Bun	红豆菠萝包 Red bean pineapple bun	黄金小馒头 Golden tiny buns	小油条 Chinese Churros	大笑香芋地瓜丸 Taro and sweet potato balls
幼儿园 Maternelle	20262/9 周一 Monday	20262/10 周二 Tuesday	20262/11 周三 Wednesday	20262/12 周四 Thursday	20262/13 周五 Friday
肉菜类 Meat Dish	椰香芋头炖牛肉 Beef stewed with taro in coconut flavor	酸甜菠萝咕咾鸡球 Sweet and sour pineapple sweet and sour chicken balls	金蒜牛肉 Golden Garlic Beef	香菇蒸鸡腿肉 Steamed chicken leg with mushrooms	普罗旺斯炖羊肉 Provence stewed lamb
主食 Staple food	三丝炒面 Fried noodles with three shreds	鸡蛋玉米粒炒饭 Fried rice with egg and corn kernels	咖喱炒饭 Fried Rice with curry	清蒸红薯 Steamed sweet potato	牛肉酱肠粉 Bolognese with beef sauce
蔬菜及其他 Vegetables and	蒜蓉娃娃菜 Baby cabbage with garlic	清蒸水蛋 Steamed egg water	蒜蓉菜心 Garlic cabbage	包菜炒粉丝 Fried cabbage with vermicelli	西红柿炒鸡蛋 Scrambled eggs with tomatoes
水果 Fruits	无籽青提 Seedless green grape	哈密瓜 Melon	红火龙果 Red dragon fruit	香梨 pear	苹果 Apple
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