

LFIC LUNCH MENU

自助餐 Buffet	11/3/2025 周一 Monday	11/4/2025 周二 Tuesday	11/5/2025 周三 Wednesday	11/6/2025 周四 Thursday	11/7/2025 周五 Friday
肉菜类(非猪肉) Meat Dish (NO Pork)	沙爹酱牛肉 Beef with satay sauce 豆角煎蛋 Fried egg with string beans	蜂蜜苹果鸭肉丁 Honey apple chicken cubes 炸鸡块 Fried Chicken	黑椒洋葱鸡柳 Black Pepper Chicken Strips with Onions 土耳其风味烤龙利鱼 Turkish - Style Baked Sole Fish	西芹红椒炒鱿鱼 Fried squid with celery and red pepper 蜜汁烤烟熏鸭脯肉 Honey Glazed Smoked Duck Breast	香脆黄金虾排 Crispy Golden Shrimp Chop 三杯鸡 Three cups of chicken
肉菜类(猪肉) Meat Dish (Pork)	蒜苔肉丝 Garlic Moss and Shredded Pork 蒜香骨 Garlic Pork Ribs	农家小炒肉 Shredded Pork with Vegetables 三色肉丁 Diced pork with corn and carrots	青椒炒肉片 Stir fried pork slices with cucumber 豆泡焖肉 Braised Pork with tofu Soak	香干红烧肉 Dried Tofu with braised pork in soy 莴笋肉丝 Lettuce with shredded pork	菜干焖肉 Braised Pork with Dried Vegetables T骨猪扒 T-bone Pork Chop
主食 Staple food	海鲜意大利粉 Spaghetti with seafood 奶香馒头 Milk flavored Steamed bun	牛肉洋葱土豆泥 Hachis Parmentier 海苔碎炒饭 Fried rice with shrimps and corn kernels	羊肉饺子 Mutton dumplings 鸡蛋玉米炒饭 Fried rice with eggs and corn	黄金奶香馒头 Milk flavored Steamed bun 三色玉米鸡肉炒饭 Fried rice with corn and chicken	三色藜麦饭 Cart noodle XO酱鸡蛋面 Egg noodles with XO sauce
蔬菜及其他 Vegetables and others	蒜蓉菜心 Garlic and vegetable heart 红萝卜丝炒鸡蛋 Fried egg with shredded radish	金针菇烩日本豆腐 Braised Japanese Tofu with needle 清炒老南瓜 Stir-fried old pumpkin	蒜蓉西兰花 Broccoli with garlic 西红柿炒鸡蛋 Scrambled eggs with tomatoes	蒜蓉上海青 Garlic pak choi 清炒土豆丝 Stir-fried shredded potatoes	地中海蔬菜杂烩 Ratatouille 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	橙子 Orange	牛奶枣 Dates	无籽青提 Seedless green extract	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	蛋挞 Egg tart
幼儿园 Maternelle	11/3/2025 周一 Monday	11/4/2025 周二 Tuesday	11/5/2025 周三 Wednesday	11/6/2025 周四 Thursday	11/7/2025 周五 Friday
肉菜类 Meat Dish	沙爹酱牛肉 Beef with satay sauce	蜂蜜苹果鸭肉丁 Honey apple chicken cubes	黑椒洋葱鸡柳 Black Pepper Chicken Strips with Onions	西芹红椒炒鱿鱼 Fried squid with celery and red pepper	香脆黄金虾排 Crispy Golden Shrimp Chop
主食 Staple food	海鲜意大利粉 Spaghetti with seafood	虾仁玉米粒炒饭 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	鸡蛋玉米炒饭 Fried rice with eggs and corn
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	蒜蓉西兰花 Broccoli with garlic	蒜蓉上海青 Garlic pak choi	地中海蔬菜杂烩 Ratatouille
水果 Fruits	橙子 Orange	牛奶枣 Dates	无籽青提 Seedless green extract	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	蛋挞 Egg tart

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自助餐 Buffet	11/17/2025 周一 Monday	11/18/2025 周二 Tuesday	11/19/2025 周三 Wednesday	11/20/2025 周四 Thursday	11/21/2025 周五 Friday
肉菜类(非猪肉) Meat Dish (NO Pork)	可乐鸭 Cola duck	浓缩橙汁鸡扒 Orange chicken chop	豆腐蒸虾仁 Steamed Shrimp with Tofu	香菇蒸鸡腿肉 Steamed chicken leg with mushrooms	豉油王鸡中翅 Soy Sauce King Chicken Wings
肉菜类(猪肉) Meat Dish (Pork)	西红柿土豆虾仁 Shrimp with tomato and potato	酸菜鱼片 Fish Fillet with pickled Chinese cabbage	青椒榨菜炒鸡肉 Stir fried chicken with green pepper and pickled vegetables	金蒜牛肉 Golden Garlic Beef	普罗旺斯炖羊肉 Provence stewed lamb
主食 Staple food	青瓜炒肉片 Stir fried Pork Slices with Broccoli	酸甜咕咾肉 Braised pork with preserved mustard	蒜香骨 Garlic Pork Ribs	香芋扣肉 Taro with braised pork	黄金(鸡蛋瘦肉)蛋饺 Pork stuffed egg dumplings
蔬菜及其他 Vegetables and others	三色肉丁 Diced pork with corn and carrots	青豆角肉丝 Green bean fillet shredded pork	豆泡焖肉 Braised Pork with tofu Soak	豆角茄子炒肉丝 Stir fried pork with green beans and	豆干炒肉丝 Fried Shredded Pork with dried tofu
汤类 Soup	三丝炒面 Fried noodles with three shreds	清蒸玉米棒 Steamed corn	牛肉洋葱土豆泥 Hachis Parmentier	清蒸红薯 Steamed sweet potato	牛肉酱肠粉 Bolognese with beef sauce
水果 Fruits	鸡蛋炒饭 Fried rice with egg	三色藜麦饭 Tri-colored quinoa rice	咖喱炒饭 Fried Rice with curry	鸡蛋玉米粒炒饭 Fried rice with egg and corn kernels	扬州炒饭 Yangzhou fried rice
饮品 Drinks	地中海蔬菜大杂烩 Ratatouille	清蒸水蛋 Steamed egg water	蒜蓉菜心 Garlic cabbage	蒜蓉奶白菜 Garlic Minced Milk Cabbage	萝卜丝炒花菜 Sliced Radish Stir-Fried with Cauliflower
点心 Pastry	蒜蓉娃娃菜 Baby cabbage with garlic	蒜蓉上海青 Shanghai green with garlic sauce	西红柿炒鸡蛋 Scrambled eggs with tomatoes	清炒茄子 Stir-fried eggplant	西红柿炒鸡蛋 Scrambled eggs with tomatoes
幼儿园 Maternelle	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	绿豆沙 Green Bean Paste
	无籽青提 Seedless green grape	哈密瓜 Melon	苹果 Apple	橙子 Orange	红火龙果 Red dragon fruit
	酸奶 yoghurt	酸奶 yoghurt	酸奶 Yogurt	酸奶 yoghurt	酸奶 Yogurt
	蝴蝶包 Butterfly Bun	绿茶饼 Green tea cake	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
	11/17/2025	11/18/2025	11/19/2025	11/20/2025	11/21/2025
肉菜类 Meat Dish	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
主食 Staple food	可乐鸭 Cola duck	浓缩橙汁鸡扒 Orange chicken chop	青椒榨菜炒鸡肉 Stir fried chicken with green pepper and pickled vegetables	金蒜牛肉 Golden Garlic Beef	豉油王鸡中翅 Soy Sauce King Chicken Wings
蔬菜及其他 Vegetables and	鸡蛋炒饭 Fried rice with egg	清蒸玉米棒 Steamed corn	牛肉洋葱土豆泥 Hachis Parmentier	清蒸红薯 Steamed sweet potato	牛肉酱肠粉 Bolognese with beef sauce
水果 Fruits	地中海蔬菜大杂烩 Ratatouille	蒜蓉上海青 Shanghai green with garlic sauce	蒜蓉菜心 Garlic cabbage	清炒茄子 Stir-fried eggplant	萝卜丝炒花菜 Sliced Radish Stir-Fried with Cauliflower
饮品 Drinks	无籽青提 Seedless green grape	哈密瓜 Melon	苹果 Apple	橙子 Orange	红火龙果 Red dragon fruit
点心 Pastry	酸奶 yoghurt	酸奶 yoghurt	酸奶 Yogurt	酸奶 yoghurt	酸奶 Yogurt
	蝴蝶包 Butterfly Bun	绿茶饼 Green tea cake	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

LFIC LUNCH MENU

自助餐 Buffet	11/24/2025 周一 Monday	11/25/2025 周二 Tuesday	11/26/2025 周三 Wednesday	11/27/2025 周四 Thursday	11/28/2025 周五 Friday
肉菜类(非猪肉) Meat Dish (NO Pork)	焦香海苔碎土豆鸡丁 Potato chicken cubes with crispy	酸梅土豆焖鸭腿肉 Braised Duck Legs with Sour Plum and	黑椒鸡扒 Chicken steak with black pepper	三杯鸭 Three cups of duck	西式烩海鲜 Western style braised seafood
肉菜类(猪肉) Meat Dish (Pork)	黑椒菠萝牛肉 Beef with black pepper and pineapple	虾仁炒丝瓜 Stir fried Shrimp with gourd	酸菜鱼片 Fish Fillet with pickled Chinese cabbage	法式蒜香口蘑菇虾仁 French garlic mushroom and shrimp	炸鸡块 Fried Chicken
主食 Staple food	豆干炒肉丝 Fried Shredded Pork with dried tofu	莴笋炒肉卷 Stir fried lettuce with pork	梅菜扣肉 Braised pork with preserved mustard	蒜香骨 Garlic Pork Ribs	榨菜蒸肉 Pickled vegetables with steamed meat
蔬菜及其他 Vegetables and others	农家小炒肉 Shredded Pork with Vegetables	茄汁猪扒 Tomato sauce pork chop	青豆角肉丝 Green bean fillet shredded pork	三色肉丁 Diced pork with corn and carrots	杏鲍菇香芹炒肉 Stir fried pork with mushrooms and
汤类 Soup	三丝炒米粉 Fried rice noodles with three shreds	烧麦 Steamed Chinese dumplings	清蒸玉米棒 Steamed corn	三丝炒面 Fried noodles with three shreds	牛肉洋葱土豆泥 Hachis Parmentier
水果 Fruits	羊肉饺子 Mutton dumplings	鸡蛋牛肉炒饭 Fried rice with beef and eggs	三色藜麦饭 Tri-colored quinoa rice	鸡蛋炒饭 Fried rice with egg	咖喱鸡焗饭 Baked chicken curry rice
饮品 Drinks	蒜蓉油麦菜 Garlic lettuce	蒜蓉粉丝娃娃菜 Baby cabbage with garlic vermicelli	清炒杂菇 Stir-fried mushrooms	地中海蔬菜大杂烩 Ratatouille	西红柿炒鸡蛋 Scrambled eggs with tomatoes
点心 Pastry	韭菜炒云丝 Fried shredded tofu with leek	清炒茄子 Stir-fried eggplant	蒜蓉上海青 Shanghai green with garlic sauce	蒜蓉菜心 Garlic cabbage	清炒爽藕 Stir-fried lotus root
幼儿园 Maternelle	冬瓜薏米老鸭汤 Duck soup with white gourd and Barley	绿豆沙 Green Bean Paste	雪梨银耳红枣汤 Snow pear tremella and red date soup	牛奶南瓜羹 Pumpkin custard with milk	红豆沙 Red Bean Paste
肉菜类 Meat Dish	桔子 Orange	香蕉 Banana	哈密瓜 Melon	无籽青提 Seedless green grape	圣女果 Cherry Tomatoes
主食 Staple food	酸奶 Yogurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt
蔬菜及其他 Vegetables and others	原味蛋糕卷 Cake roll	绿茶饼 Green tea cake	烤土豆球 Baked potato balls	桂花小米糕 Fragrans-scented rice cake	黄金小馒头 Golden tiny buns
水果 Fruits	11/24/2025 周一 Monday	11/25/2025 周二 Tuesday	11/26/2025 周三 Wednesday	11/27/2025 周四 Thursday	11/28/2025 周五 Friday
饮品 Drinks	焦香海苔碎土豆鸡丁 Potato chicken cubes with crispy seaweed crumbs	酸梅土豆焖鸭腿肉 Braised Duck Legs with Sour Plum and Potato	黑椒鸡扒 Chicken steak with black pepper	法式蒜香口蘑菇虾仁 French garlic mushroom and shrimp	西式烩海鲜 Western style braised seafood
点心 Pastry	羊肉饺子 Mutton dumplings	烧麦 Steamed Chinese dumplings	三色藜麦饭 Tri-colored quinoa rice	鸡蛋炒饭 Fried rice with egg	牛肉洋葱土豆泥 Hachis Parmentier
肉菜类 Meat Dish	蒜蓉油麦菜 Garlic lettuce	清炒茄子 Stir-fried eggplant	蒜蓉上海青 Shanghai green with garlic sauce	地中海蔬菜大杂烩 Ratatouille	西红柿炒鸡蛋 Scrambled eggs with tomatoes
主食 Staple food	桔子 Orange	香蕉 Banana	哈密瓜 Melon	无籽青提 Seedless green grape	圣女果 Cherry Tomatoes
蔬菜及其他 Vegetables and others	酸奶 Yogurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt
水果 Fruits	原味蛋糕卷 Cake roll	绿茶饼 Green tea cake	烤土豆球 Baked potato balls	桂花小米糕 Fragrans-scented rice cake	黄金小馒头 Golden tiny buns