

LFIC LUNCH MENU

自助餐 Buffet	5/4/2026	5/5/2026	5/6/2026	5/7/2026	5/8/2026
	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
肉菜类(非猪肉) Meat Dish (NO Pork)	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	黄油西兰花烩虾仁 Crispy Golden Shrimp Chop
肉菜类(猪肉) Meat Dish (Pork)	豆角煎蛋 Fried egg with string beans	炸鸡块 Fried Chicken	土耳其风味烤龙利鱼 Turkish - Style Baked Sole Fish	蜜汁烤烟熏鸭脯肉 Honey Glazed Smoked Duck Breast	三杯鸡 Three cups of chicken
	蒜苔肉丝 Garlic Moss and Shredded Pork	农家小炒肉 Shredded Pork with Vegetables	丝瓜炒肉片 Stir-Fried Luffa with Sliced Pork	香芋红烧肉 Braised Pork with Taro	菜干焖肉 Braised Pork with Dried Vegetables
	蒜香骨 Garlic Pork Ribs	三色肉丁 Diced pork with corn and carrots	豆泡焖肉 Braised Pork with tofu Soak	小瓜炒肉 Stir-Fried Zucchini with Pork	T骨猪扒 T-bone Pork Chop
主食 Staple food	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	紫薯饭 Purple Sweet Potato Rice
	奶香馒头 Milk flavored Steamed bun	海苔碎炒饭 Fried rice with shrimps and corn kernels	鸡蛋玉米炒饭 Fried rice with eggs and corn	雪菜鸡肉沫炒饭 Pickled Greens & Minced Chicken Fried Rice	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	蒜香炒紫甘蓝 Garlic Stir-Fried Purple Cabbage	蒜蓉西兰花 Broccoli with garlic	上汤红苋菜 Red Amaranth in Superior Soup	白灼蒜蓉生菜 Blanched Lettuce with Minced Garlic
	清炒土豆丝 Stir-Fried Shredded Potatoes	清炒老南瓜 Stir-fried old pumpkin	西红柿炒鸡蛋 Scrambled eggs with tomatoes	青瓜炒蛋 Cucumber Scrambled Eggs	小炒莴笋丝 Stir-fried shredded lettuce
汤类 Soup	海底椰玉米鸡汤 Chicken Soup with Sea Coconut	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	粉葛赤小豆鲮鱼汤 Kudzu Root, Red Bean & Dace Fish
水果 Fruits	芒果 mango	西瓜 watermelon	无籽青提 Seedless green extract	甜橙 Sweet Orange	油桃 nectarine
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	绿茶饼 Green tea cake	核桃包 Walnut Bun	粗粮糕 Whole Grain Cake	蛋挞 Egg tart
幼儿园 Maternelle	5/4/2026	5/5/2026	5/6/2026	5/7/2026	5/8/2026
	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	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	黄油西兰花烩虾仁 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	黄金奶香馒头 Milk flavored Steamed bun	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	上汤红苋菜 Red Amaranth in Superior Soup	白灼蒜蓉生菜 Blanched Lettuce with Minced Garlic
水果 Fruits	芒果 mango	西瓜 watermelon	无籽青提 Seedless green extract	甜橙 Sweet Orange	油桃 nectarine
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	绿茶饼 Green tea cake	核桃包 Walnut Bun	粗粮糕 Whole Grain Cake	蛋挞 Egg tart

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自助餐 Buffet	5/11/2026 周一 Monday	5/12/2026 周二 Tuesday	5/13/2026 周三 Wednesday	5/14/2026 周四 Thursday	5/15/2026 周五 Friday
肉菜类(非猪肉) Meat Dish (NO Pork)	可乐鸭 Cola duck	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	乳香鸡翅根 Milky Marinated Chicken Drumettes
肉菜类(猪肉) Meat Dish (Pork)	炭烤奶酪土豆虾仁 Charcoal-Grilled Cheese Potato with Shrimp	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	黄瓜炒肉片 Stir-Fried Sliced Pork with Cucumber	广味豉汁蒸排骨 Cantonese Steamed Pork Ribs with Black Bean Sauce	酸甜咕咾肉 Braised pork with preserved mustard green	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	鸡蛋牛肉炒饭 Fried rice with beef and eggs	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	蒜蓉鸡毛菜 Garlic Stir-Fried Choy Sum Sprouts	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	干锅卷心包菜 Dry Pot Sliced Cabbage
幼儿园 Maternelle	冬瓜扁豆煲番鸭汤 Winter Melon & Hyacinth Bean Teal Soup	节瓜花生眉豆鸡脚汤 Hairy Gourd, Peanut & Black Eyed Bean Chicken Feet 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
肉菜类 Meat Dish	库尔勒香梨 Korla Fragrant Pear	哈密瓜 Melon	苹果 Apple	西瓜 watermelon	红火龙果 Red dragon fruit
主食 Staple food	酸奶 yoghurt	酸奶 yoghurt	酸奶 Yogurt	酸奶 yoghurt	酸奶 Yogurt
蔬菜及其他 Vegetables and	蝴蝶包 Butterfly Bun	小油条 Chinese Churros	紫薯糕 Purple sweet potato cake	奶黄包 Custard Bun	大笑香芋地瓜丸 Taro and sweet potato balls
水果 Fruits	5/11/2026 周一 Monday	5/12/2026 周二 Tuesday	5/13/2026 周三 Wednesday	5/14/2026 周四 Thursday	5/15/2026 周五 Friday
饮品 Drinks	可乐鸭 Cola duck	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	乳香鸡翅根 Milky Marinated Chicken Drumettes
点心 Pastry	三丝炒面 Fried noodles with three shreds	鸡蛋牛肉炒饭 Fried rice with beef and eggs	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
	蒜蓉鸡毛菜 Garlic Stir-Fried Choy Sum Sprouts	清蒸水蛋 Steamed egg water	西红柿炒鸡蛋 Scrambled eggs with tomatoes	蒜蓉奶白菜 Garlic Minced Milk Cabbage	干锅卷心包菜 Dry Pot Sliced Cabbage
	库尔勒香梨 Korla Fragrant Pear	哈密瓜 Melon	苹果 Apple	西瓜 watermelon	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	小油条 Chinese Churros	紫薯糕 Purple sweet potato cake	奶黄包 Custard Bun	大笑香芋地瓜丸 Taro and sweet potato balls

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肉菜类(非猪肉) Meat Dish (NO Pork)	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	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	五柳酸甜鱼块 Sweet & Sour Fish Fillet with Mixed	法式蒜香口蘑菇虾仁 French garlic mushroom and shrimp	炸鸡块 Fried Chicken
肉菜类(猪肉) Meat Dish (Pork)	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
肉菜类(猪肉) Meat Dish (Pork)	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
主食 Staple food	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
主食 Staple food	羊肉饺子 Mutton dumplings	鸡蛋牛肉炒饭 Fried rice with beef and eggs	牛肉炒饭 Beef Fried Rice	雪菜鸡肉沫炒饭 Pickled Greens & Minced Chicken Fried	咖喱鸡焗饭 Baked chicken curry rice
蔬菜及其他 Vegetables and others	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
蔬菜及其他 Vegetables and others	韭菜炒云丝 Fried shredded tofu with leek	奶酪烤土豆 Cheese Baked Potatoes	蒜蓉上海青 Shanghai green with garlic sauce	蒜蓉菜心 Garlic cabbage	上汤红苋菜 Red Amaranth in Superior Soup
汤类 Soup	冬瓜薏米老鸭汤 Duck soup with white gourd and Barley	青榄海底椰鸡汤 Green Olive & Sea Coconut Chicken	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
水果 Fruits	西瓜 watermelon	香蕉 Banana	哈密瓜 Melon	无籽青提 Seedless green grape	圣女果 Cherry Tomatoes
饮品 Drinks	酸奶 Yogurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt
点心 Pastry	椰汁马蹄糕 Coconut water water chestnut cake	绿茶饼 Green tea cake	红豆芝士包 Red bean cheese bag	桂花小米糕 Fragrans-scented rice cake	黄金小馒头 Golden tiny buns
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肉菜类 Meat Dish	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	五柳酸甜鱼块 Sweet & Sour Fish Fillet with Mixed Pickles	法式蒜香口蘑菇虾仁 French garlic mushroom and shrimp	西式烩海鲜 Western style braised seafood
主食 Staple food	羊肉饺子 Mutton dumplings	烧麦 Steamed Chinese dumplings	牛肉炒饭 Beef Fried Rice	雪菜鸡肉沫炒饭 Pickled Greens & Minced Chicken Fried Rice	牛肉洋葱土豆泥 Hachis Parmentier
蔬菜及其他 Vegetables and	蒜蓉油麦菜 Garlic lettuce	奶酪烤土豆 Cheese Baked Potatoes	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
水果 Fruits	西瓜 watermelon	香蕉 Banana	哈密瓜 Melon	无籽青提 Seedless green grape	圣女果 Cherry Tomatoes
饮品 Drinks	酸奶 Yogurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt
点心 Pastry	椰汁马蹄糕 Coconut water water chestnut cake	绿茶饼 Green tea cake	红豆芝士包 Red bean cheese bag	桂花小米糕 Fragrans-scented rice cake	黄金小馒头 Golden tiny buns