



LFIC LUNCH MENU

自助餐 Buffet				202510/9	202510/10
	Column1	Column1	Column1	周四 Thursday	周五 Friday
肉菜类(非猪肉) Meat Dish (NON Pork)				酸菜鱼片 Fish Fillet with pickled Chinese cabbage	香菇蒸鸡腿肉 Steamed chicken leg with mushrooms
				炸鸡块 Fried Chicken	金蒜牛肉 Golden Garlic Beef
肉菜类(猪肉) Meat Dish (Pork)				土豆焖排骨 Stewed Pork Ribs with Potatoes	茄汁猪扒 Tomato sauce pork chop
				农家小炒肉 Shredded Pork with Vegetables	青瓜炒肉片 Stir fried pork slices with cucumber
主食 Staple food				清蒸红薯 Steamed sweet potato	烧麦 Steamed Chinese dumplings
				鸡蛋玉米粒炒饭 Fried rice with egg and corn kernels	小米饭 Rice
蔬菜及其他 Vegetables and others				荷塘小炒 Stir-fried lotus root	包菜炒粉丝 Stir-fried rice noodles with cabbages
				西芹腐竹 Celery with beancurds shreds	红烧干叶豆腐 Stewed beancurds with Soy sauce
汤类 Soup				玉米奶油浓汤 Corn cream soup	胡萝卜鸡汤 Carrots and chicken soup
水果 Fruits				干禧果 Cherry tomato	无籽青提 Seedless green raisin
饮品 Drinks				酸奶 Yogurt	酸奶 Yogurt
点心 Pastry				油条 Chinese Churros	蝴蝶包 Butterfly Bun
幼儿园 Maternelle				202510/9	202510/10
				周四 Thursday	周五 Friday
肉菜类 Meat Dish				酸菜鱼片 Fish Fillet with pickled Chinese cabbage	香菇蒸鸡腿肉 Steamed chicken leg with mushrooms
主食 Staple food				鸡蛋玉米粒炒饭 Fried rice with egg and corn kernels	烧麦 Steamed Chinese dumplings
蔬菜及其他 Vegetables and others				荷塘小炒 Stir-fried lotus root	包菜炒粉丝 Stir-fried rice noodles with cabbages
水果 Fruits				干禧果 Cherry tomato	无籽青提 Seedless green raisin
饮品 Drinks				酸奶 Yogurt	酸奶 Yogurt
点心 Pastry				油条 Chinese Churros	蝴蝶包 Butterfly Bun

LFIC LUNCH MENU

自助餐 Buffet	10/13/2025 周一 Monday	10/14/2025 周二 Tuesday	10/15/2025 周三 Wednesday	10/16/2025 周四 Thursday	10/17/2025 周五 Friday
肉菜类(非猪肉) Meat Dish (NON Pork)	黄焖鸡 braised chicken	西芹红椒炒鱿鱼 Fried squid with celery and red pepper	小扁豆焖鸡胸肉 Lentilles au poulet	蒜香土豆牛肉 Beef and potatoes with garlic flavor	法式蒜香口蘑菇虾仁 French garlic mushroom and shrimp
	豆角炒牛肉 Fried beef with beans	孜然土豆鸭肉 Cumin potatoes and duck meat	普罗旺斯炖羊肉 Provence stewed lamb	彩椒洋葱龙利鱼 Fried sole fish with pepper and onion	黑椒菠萝牛肉 Beef with black pepper and pineapple
肉菜类(猪肉) Meat Dish (Pork)	红烧狮子头 Stewed Pork Ball in Brown Sauce	菠萝咕嚕肉 Pineapple Sweet and Sour Pork	马蹄胡萝卜蒸肉饼 Steamed pork patties with water chestnut and carrot	粉蒸肉 steamed pork with rice flour	客家酿豆腐 Hakka Stuffed pork with tofu
	小瓜炒肉卷 Stir fried Pork Rolls with Melons	玉米沙葛肉丁 Corn with jicama and diced pork	豆干炒肉丝 Fried Shredded Pork with dried tofu	豆泡焖肉 Braised Pork with Bean Soak	支竹烩肉片 Bamboo braised pork slices
主食 Staple food	清蒸甜玉米 Steamed sweet corn	意大利牛肉酱意粉 Spaghetti bolognese	牛肉酱肠粉 Bolognese with beef sauce	鸡蛋青菜炒面 Stir-fried noodles with eggs and vegetables	牛肉沫蝴蝶面 Butterfly pasta with minced beef
	扬州炒饭 Yangzhou fried rice	奶香馒头 Milk flavored Steamed bun	扬州炒饭 Yangzhou fried rice	香脆薯饼 Hash brown	杂锦炒饭 Mixed Fried Rice
蔬菜及其他 Vegetables and others	蒜蓉油麦菜 Garlic lettuce	酱汁杏鲍菇 King Oyster Mushroom in tasty sauce	蒜蓉西兰花 Broccoli with garlic	红烧茄子 Braised eggplant	蒜炒菜心 Garlic cabbage
	蚝油豆腐 Tofu in oyster sauce	韭菜炒云丝 Fried shredded tofu with leek	西红柿炒鸡蛋 Scrambled eggs with tomatoes	蒜蓉娃娃菜 Baby cabbage with minced garlic	清炒爽藕 Stir-fried lotus root
汤类 Soup	牛奶南瓜羹 Pumpkin custard with milk	椰子鸡汤 Coconut chicken soup	霸王花鸡汤 Bawanghua chicken soup	雪耳糖水 White fungus dessert	咸蛋黄节瓜鸡肉汤 Salted Egg Yolk with gourd and Chicken Soup
水果 Fruits	火龙果 Pitaya	香蕉 Banana	苹果 Apple	水果木瓜 papaya	橙子 Orange
饮品 Drinks	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt
点心 Pastry	甜甜圈 Doughnuts	大笑香芋地瓜丸 Taro and sweet potato balls	原味蛋糕卷 Cake roll	红豆芝士包 Red bean cheese bag	蛋挞 Egg tart
幼儿园 Maternelle	10/13/2025 周一 Monday	10/14/2025 周二 Tuesday	10/15/2025 周三 Wednesday	10/16/2025 周四 Thursday	10/17/2025 周五 Friday
肉菜类 Meat Dish	黄焖鸡 braised chicken	西芹红椒炒鱿鱼 Fried squid with celery and red pepper	普罗旺斯炖羊肉 Provence stewed lamb	蒜香土豆牛肉 Beef and potatoes with garlic flavor	法式蒜香口蘑菇虾仁 French garlic mushroom and shrimp
主食 Staple food	清蒸甜玉米 Steamed sweet corn	奶香馒头 Milk flavored Steamed bun	扬州炒饭 Yangzhou fried rice	香脆薯饼 Hash brown	牛肉沫蝴蝶面 Butterfly pasta with minced beef
蔬菜及其他 Vegetables and others	蚝油豆腐 Tofu in oyster sauce	酱汁杏鲍菇 King Oyster Mushroom in tasty sauce	西红柿炒鸡蛋 Scrambled eggs with tomatoes	蒜蓉娃娃菜 Baby cabbage with minced garlic	蒜炒菜心 Garlic cabbage
水果 Fruits	火龙果 Pitaya	香蕉 Banana	苹果 Apple	水果木瓜 papaya	橙子 Orange
饮品 Drinks	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt
点心 Pastry	甜甜圈 Doughnuts	大笑香芋地瓜丸 Taro and sweet potato balls	原味蛋糕卷 Cake roll	红豆芝士包 Red bean cheese bag	蛋挞 Egg tart

LFIC LUNCH MENU

自助餐 Buffet	10/20/2025	10/21/2025	10/22/2025	10/23/2025	10/24/2025
	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
肉菜类(非猪肉) Meat Dish (NON Pork)	蜜汁鸡中翅 Honey sauce with chicken wings	贝贝南瓜焖鸡腿肉 Braised Chicken with Pumpkin	蒜香烤鸡 Garlic-flavored roast chicken	冬瓜扁豆焖鸡肉 Braised chicken with winter melon and beans	西芹红椒炒鱿鱼 Fried squid with celery and red pepper
	番茄炖牛肉 Braised beef with tomato	葱爆羊肉 Fried mutton slices with scallions	西式烩海鲜 Western style braised seafood	西芹双椒炒牛肉 Stir fried Beef with Celery and Pepper	炸鸡块 Fried Chicken
肉菜类(猪肉) Meat Dish (Pork)	玉米蒸肉饼 Corn Steamed pork	香芋焖排骨 Braised pork ribs with taro	青瓜炒叉烧 Stir fried Cucumber and Pork meat	红烧肉 braised pork in soy sauce	香菇焖肉 Braised Pork with Mushroom
	青豆角肉丝 Green bean fillet shredded pork	花菜炒肉 Stir fried pork with cauliflower	T骨猪扒 T-bone Pork Chop	茄子肉碎 Eggplant with minced prok	肉沫蒸水蛋 Steamed egg with minced pork
主食 Staple food	鸡蛋青菜炒面 Stir-fried noodles with eggs and vegetables	牛肉炒陈村粉 Stir-fried noodles with beef	清蒸甜玉米 Steamed sweet corn	奶香馒头 Milk flavored Steamed bun	牛肉洋葱土豆泥 Hachis Parmentier
	虾仁玉米炒饭 Fried Rice with shrimp and corn	咖喱炒饭 Fried Rice with curry	鸡蛋炒饭 Stir-Fried Rice with Egg	三色玉米鸡肉炒饭 Fried rice with corn and chicken	烧麦 Steamed Chinese dumplings
蔬菜及其他 Vegetables and others	大白菜 Chinese cabbage	上汤娃娃菜 Baby cabbage served with soup	地中海蔬菜杂烩 Ratatouille	蒜蓉菜心 Garlic cabbage	蒜蓉上海青 Garlic pak choi
	清炒老南瓜 Stir-fried pumpkin	小炒莴笋丝 Stir-fried shredded lettuce	清蒸水蛋 Steamed Egg	西红柿炒鸡蛋 Scrambled eggs with tomatoes	清炒土豆丝 Stir-fried shredded potatoes
汤类 Soup	玉米鸡蛋羹 Corn and egg soup	胡萝卜鸡汤 Carrots and chicken soup	虫草花鸡汤 Cordyceps flower chicken soup	雪梨银耳红枣汤 Pear, fungus and red date soup	牛奶南瓜羹 Pumpkin custard with milk
水果 Fruits	苹果 Apple	香蕉 Banana	哈密瓜 Hami melon	红火龙果 Red dragon fruit	蜜柑 mandarin orange
饮品 Drinks	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt
点心 Pastry	桂花小米糕 Fragrans-scented rice cake	红豆芝士包 Red bean cheese bun	奶油面包 Milk bread	黄金小馒头 Golden tiny buns	蛋挞 Egg tart
幼儿园 Maternelle	10/20/2025	10/21/2025	10/22/2025	10/23/2025	10/24/2025
	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
肉菜类 Meat Dish	蜜汁鸡中翅 Honey sauce with chicken wings	贝贝南瓜焖鸡腿肉 Braised Chicken with Pumpkin	西式烩海鲜 Western style braised seafood	冬瓜扁豆焖鸡肉 Braised chicken with winter melon and beans	炸鸡块 Fried Chicken
主食 Staple food	鸡蛋青菜炒面 Stir-fried noodles with eggs and vegetables	牛肉炒陈村粉 Stir-fried noodles with beef	鸡蛋炒饭 Stir-Fried Rice with Egg	三色玉米鸡肉炒饭 Fried rice with corn and chicken	牛肉洋葱土豆泥 Hachis Parmentier
蔬菜及其他 Vegetables and others	大白菜 Chinese cabbage	上汤娃娃菜 Baby cabbage served with soup	地中海蔬菜杂烩 Ratatouille	蒜蓉菜心 Garlic cabbage	蒜蓉上海青 Garlic pak choi
水果 Fruits	苹果 Apple	香蕉 Banana	哈密瓜 Hami melon	红火龙果 Red dragon fruit	蜜柑 mandarin orange
饮品 Drinks	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt
点心 Pastry	桂花小米糕 Fragrans-scented rice cake	红豆芝士包 Red bean cheese bun	奶油面包 Milk bread	黄金小馒头 Golden tiny buns	蛋挞 Egg tart

LFIC LUNCH MENU

自助餐 Buffet	10/27/2025	10/28/2025	10/29/2025	10/30/2025	10/31/2025
	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
肉菜类(非猪肉) Meat Dish (NON Pork)	洋葱彩椒牛肉 Beef with onion and pepper	广式烧鸭 Cantonese Roast Duck	香酥鸡翅根 Crispy chicken wing	咖喱土豆牛腩 Curry potato beef brisket	酸梅土豆焖鸭腿肉 Braised Duck with Sour Plum and Potato
	法式土豆炖鸡 French style Potato Stewed Chicken	虾仁炒丝瓜 Stir fried Shrimp with gourd	西芹红椒炒鱿鱼 Fried squid with celery and red pepper	西红柿焖龙利鱼 Braised sole fish with tomato	炸鸡块 Fried Chicken
肉菜类(猪肉) Meat Dish (Pork)	蒜香骨 Garlic tasty spare pork ribs	土豆鹌鹑蛋红烧肉 Potatoes with quail eggs and braised pork	蒜台爆炒猪颈肉 Stir fried Pork Meat with garlic sprout	黄豆排骨 Soybean with pork ribs	香芋扣肉 Taro with braised pork
	佛手瓜炒肉 Stir fried pork with Buddha's hand melon	西芹腐竹炒肉片 Fried Pork Slices with Celery and beancurds	莲藕炒肉 Stir fried pork with lotus root	杏鲍菇香芹炒肉 Stir fried pork with mushrooms and celery	豆角加干炒肉丝 Stir fried pork with green beans and eggplant
主食 Staple food	羊肉饺子 Mutton dumplings	三丝炒乌冬面 Stir-fried udon noodles with three shreds	烤土豆球 Baked potato balls	清蒸红薯 Steamed sweet potato	清蒸甜玉米 Steamed sweet corn
	三色藜麦饭 Cart noodle	番茄滑蛋烩饭 Tomato and egg braised rice	咖喱鸡焗饭 Baked chicken curry rice	牛肉沫意粉 Spaghetti with minced beef	牛肉洋葱土豆泥 Hachis Parmentier
蔬菜及其他 Vegetables and others	蒜蓉菜心 Garlic and vegetable heart	大白菜 Chinese cabbage	蒜蓉菜心 Garlic cabbage	地中海蔬菜杂烩 Ratatouille	云南小瓜炒蛋 Zucchini with scrambled egg
	红萝卜丝炒鸡蛋 Fried egg with shredded radish	清炒老南瓜 Stir-fried pumpkin	红萝卜丝炒鸡蛋 Fried egg with shredded radish	小白菜 Chinese cabbage	蚝油豆腐 Tofu in oyster sauce
汤类 Soup	冬瓜薏米老鸭汤 Duck soup with white gourd and Barley Jen	红豆沙 Red bean paste	香芋西米露 Sweet taro sago dew	玉米鸡蛋羹 Corn and egg soup	绿豆沙 Green Bean Paste
水果 Fruits	香梨 Pear	无籽青提 Seedless green raisin	哈密瓜 Hami melon	干禧果 Cherry tomato	苹果 Apple
饮品 Drinks	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt
点心 Pastry	原味蛋糕卷 Cake roll	小油条 Chinese Churros	红豆芝士包 Red bean cheese bag	黄金小馒头 Golden tiny buns	小米糕 Millet Cake
幼儿园 Maternelle	10/27/2025	10/28/2025	10/29/2025	10/30/2025	10/31/2025
	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
肉菜类 Meat Dish	洋葱彩椒牛肉 Beef with onion and pepper	广式烧鸭 Cantonese Roast Duck	西芹红椒炒鱿鱼 Fried squid with celery and red pepper	咖喱土豆牛腩 Curry potato beef brisket	炸鸡块 Fried Chicken
主食 Staple food	羊肉饺子 Mutton dumplings	三丝炒乌冬面 Stir-fried udon noodles with three shreds	烤土豆球 Baked potato balls	牛肉沫意粉 Spaghetti with minced beef	牛肉洋葱土豆泥 Hachis Parmentier
蔬菜及其他 Vegetables and others	蒜蓉菜心 Garlic and vegetable heart	大白菜 Chinese cabbage	蒜蓉菜心 Garlic cabbage	地中海蔬菜杂烩 Ratatouille	云南小瓜炒蛋 Zucchini with scrambled egg
水果 Fruits	香梨 Pear	无籽青提 Seedless green raisin	哈密瓜 Hami melon	干禧果 Cherry tomato	苹果 Apple
饮品 Drinks	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt
点心 Pastry	原味蛋糕卷 Cake roll	小油条 Chinese Churros	红豆芝士包 Red bean cheese bag	黄金小馒头 Golden tiny buns	小米糕 Millet Cake