



LFIC LUNCH MENU

自助餐 Buffet	9/1/2025 周一 Monday	9/2/2025 周二 Tuesday	9/3/2025 周三 Wednesday	9/4/2025 周四 Thursday	9/5/2025 周五 Friday
蛋白类(非猪肉) Proteins (Non Porc)	黑椒洋葱鸡柳 Black Pepper Chicken Strips with Onions	牛肉烧茼笋 Braised beef with lettuce	茄汁鸡扒 Chicken steak with tomato sauce	咖喱土豆牛肉 Curry with potato and beef	法式苹果炖鸭肉 French style apple stewed duck
蛋白类(猪肉) Proteins (Porc)	土耳其风味烤龙利鱼 Turkish - Style Baked Sole Fish	面筋鹌鹑蛋焖鸭胸肉 Braised Duck Breast with Gluten and Quail	白萝卜炖牛筋丸 Stewed beef tendons balls with white radish	豆角煎蛋 Fried egg with string beans	炸鸡块 Fried Chicken
主食 Staple food	青瓜炒肉片 Stir fried pork slices with cucumber	土豆丝炒肉丝 Stir fried shredded potatoes with pork	西兰花炒肉片 Stir fried Pork Slices with Broccoli	蒜苔肉丝 Garlic Moss and Shredded Pork	农家小炒肉 Shredded Pork with Vegetables
蔬菜 Vegetables	豆干炒肉丝 Fried Shredded Pork with dried tofu	香菇焖肉 Braised Pork with Mushroom	茄子肉碎 Eggplant with minced mea	T骨猪扒 T-bone Pork Chop	三色肉丁 Diced pork with corn and carrots
汤类 Soup	意大利牛肉酱意粉 Spaghetti bolognese	鸡蛋青菜炒面 Fried noodles with eggs and greens	清蒸甜玉米 Steamed sweet corn	海鲜意大利粉 Spaghetti with seafood	牛肉洋葱土豆泥 Hachis Parmentier
水果 Fruits	三色藜麦饭 Cart noodle	杂粮饭 Multigrain rice	鸡丝青瓜方便面 Noodles with shredded chicken and melon	奶香馒头 Milk flavored Steamed bun	虾仁玉米粒炒饭 Fried rice with shrimps and corn kernels
饮品 Drinks	蒜蓉西兰花 Broccoli with garlic	上汤娃娃菜 Baby cabbage served with soup	红烧冬瓜 Braised White Gourd	蒜蓉菜心 Garlic and vegetable heart	金针菇烩日本豆腐 Braised Japanese Tofu with needlele
点心 Pastry	西红柿炒鸡蛋 Scrambled eggs with tomatoes	清蒸水蛋 Steamed egg water	清炒杂菇 Stir-fried mushrooms	红萝卜丝炒鸡蛋 Fried egg with shredded radish	清炒老南瓜 Stir-fried old pumpkin
幼儿园 Maternelle	红豆沙 Red bean paste	胡萝卜鸡汤 Chicken soup with carrots	牛奶南瓜羹 Pumpkin custard with milk	椰子鸡汤 Coconut chicken soup	木耳银耳红枣汤 Fungus, tremella and red date soup
蛋白类 Proteins	橙子 Orange	香蕉 Banana	苹果 Apple	无籽青提 Seedless green extract	西瓜 watermelon
主食 Staple food	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt
蔬菜 Vegetables	黑糯米糕 Black glutinous rice cake	红豆芝士包 Red bean cheese bag	蛋挞 Egg tart	菠萝包 Pineapple bun	小油条 Chinese Churros
水果 Fruits	9/1/2025 周一 Monday	9/2/2025 周二 Tuesday	9/3/2025 周三 Wednesday	9/4/2025 周四 Thursday	9/5/2025 周五 Friday
饮品 Drinks	黑椒洋葱鸡柳 Black Pepper Chicken Strips with Onions	牛肉烧茼笋 Braised beef with lettuce	茄汁鸡扒 Chicken steak with tomato sauce	咖喱土豆牛肉 Curry with potato and beef	法式苹果炖鸭肉 French style apple stewed duck
点心 Pastry	意大利牛肉酱意粉 Spaghetti bolognese	鸡蛋青菜炒面 Fried noodles with eggs and greens	鸡丝青瓜方便面 Noodles with shredded chicken and melon	海鲜意大利粉 Spaghetti with seafood	虾仁玉米粒炒饭 Fried rice with shrimps and corn kernels
蛋白类 Proteins	蒜蓉西兰花 Broccoli with garlic	上汤娃娃菜 Baby cabbage served with soup	红烧冬瓜 Braised White Gourd	蒜蓉菜心 Garlic and vegetable heart	清炒老南瓜 Stir-fried old pumpkin
主食 Staple food	橙子 Orange	香蕉 Banana	苹果 Apple	无籽青提 Seedless green extract	西瓜 watermelon
蔬菜 Vegetables	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt
水果 Fruits	黑糯米糕 Black glutinous rice cake	红豆芝士包 Red bean cheese bag	蛋挞 Egg tart	菠萝包 Pineapple bun	小油条 Chinese Churros

LFIC LUNCH MENU

自助餐 Buffet	9/8/2025 周一 Monday	9/9/2025 周二 Tuesday	9/10/2025 周三 Wednesday	9/11/2025 周四 Thursday	9/12/2025 周五 Friday
蛋白类(非猪肉) Proteins (Non Porc)	蜜汁烤鸡 Honey sauce with chicken wings	贝贝南瓜焖鸡腿肉 Braised Chicken with Pumpkin	香脆黄金虾排 Crispy Golden Shrimp Chop	金蒜牛肉 Golden Garlic Beef	蒜香烤鸡中翅 Garlic-flavored roast chicken
	番茄炖牛肉 Braised beef with tomato	葱爆羊肉 Fried mutton slices with scallions	三杯鸡 Three cups of chicken	青椒榨菜炒鸡肉 Stir fried chicken with green pepper and	西式烩海鲜 Western style braised seafood
蛋白类(猪肉) Proteins (Porc)	菠萝咕嚕肉 Pineapple Sweet and Sour Pork	玉米蒸肉饼 Steamed pork with corn	菜干焖肉 Braised Pork with Dried Vegetables	西兰花炒肉片 Stir fried Pork Slices with Broccoli	榄菜豆角肉沫 Olive Vegetable with green beans and
	家常豆腐 Home style Tofu	土豆丝炒肉丝 Stir fried shredded potatoes with pork	西芹炒肉片 Stir fried pork slices with celery	豆泡焖肉 Braised Pork with tofu Soak	莴笋肉丝 Lettuce with shredded pork
主食 Staple food	牛肉炒陈村粉 Stir-fried noodles with beef	鸡蛋青菜炒面 Stir-fried noodles with eggs and	鸡蛋玉米炒饭 Fried rice with eggs and corn	牛肉洋葱土豆泥 Hachis Parmentier	奶香馒头 Milk flavored Steamed bun
	鸡蛋炒饭 Stir-Fried Rice with Egg	虾仁玉米炒饭 Fried Rice with shrimp and corn	XO酱鸡蛋面 Egg noodles with XO sauce	咖喱炒饭 Fried Rice with curry	三色玉米鸡肉炒饭 Fried rice with corn and chicken
蔬菜 Vegetables	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
	双色玉米粒 Two color corn kernels	清蒸水蛋 Steamed Egg	小炒莴笋丝 Stir-fried shredded lettuce	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	香梨 Pear	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	小油条 Chinese Churros	奶油面包 Milk bread	黄金小馒头 Golden tiny buns	大笑南瓜饼 pumpkin pie
幼儿园 Maternelle	9/8/2025 周一 Monday	9/9/2025 周二 Tuesday	9/10/2025 周三 Wednesday	9/11/2025 周四 Thursday	9/12/2025 周五 Friday
蛋白类 Proteins	番茄土豆炖牛肉 Braised beef with tomato	葱爆羊肉 Fried mutton slices with scallions	香脆黄金虾排 Crispy Golden Shrimp Chop	金蒜牛肉 Golden Garlic Beef	蒜香烤鸡中翅 Garlic-flavored roast chicken
主食 Staple food	鸡蛋炒饭 Stir-Fried Rice with Egg	鸡蛋青菜炒面 Stir-fried noodles with eggs and vegetables	鸡蛋玉米炒饭 Fried rice with eggs and corn	牛肉洋葱土豆泥 Hachis Parmentier	三色玉米鸡肉炒饭 Fried rice with corn and chicken
蔬菜 Vegetables	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	香梨 Pear	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	小油条 Chinese Churros	奶油面包 Milk bread	黄金小馒头 Golden tiny buns	大笑南瓜饼 pumpkin pie

LFIC LUNCH MENU

自助餐 Buffet	9/15/2025 周一 Monday	9/16/2025 周二 Tuesday	9/17/2025 周三 Wednesday	9/18/2025 周四 Thursday	9/19/2025 周五 Friday
蛋白类(非猪肉) Proteins (Non Porc)	冬瓜扁豆焖鸡肉 Braised chicken with winter melon and	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	金针云耳蒸鸡 Steamed Chicken with Lily Flowers and
	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	普罗旺斯炖羊肉 Provence stewed lamb
蛋白类(猪肉) Proteins (Porc)	豆泡焖肉 Braised Pork with tofu Soak	莴笋炒肉卷 Stir fried lettuce with pork	梅菜扣肉 Braised pork with preserved mustard	冬瓜焖肉丸 Braised pork balls with winter melon	土豆丝炒肉丝 Stir fried shredded potatoes with pork
	黄金(鸡蛋瘦肉)蛋饺 Pork stuffed egg dumplings	红萝卜炒肉 Stir fried carrot with pork	青豆角肉丝 Green bean fillet shredded pork	三色肉丁 Diced pork with corn and carrots	糖醋里脊 Sweet and Sour Pork
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	奶香馒头 Milk flavored Steamed bun
	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	红薯小米饭 Sweet potato and small rice
蔬菜 Vegetables	蒜蓉油麦菜 Garlic lettuce	蒜蓉粉丝娃娃菜 Baby cabbage with garlic vermicelli	清蒸水蛋 Steamed egg water	地中海蔬菜大杂烩 Ratatouille	蒜蓉菜心 Garlic cabbagevegetables
	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	蒜蓉娃娃菜 Baby cabbage with garlic	清炒老南瓜 Stir-fried pumpkin
汤类 Soup	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	虫草花鸡汤 Cordyceps flower chicken soup
水果 Fruits	西瓜 watermelon	香蕉 Banana	哈密瓜 Melon	无籽青提 Seedless green grape	桔子 Orange
饮品 Drinks	酸奶 Yogurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt
点心 Pastry	原味蛋糕卷 Cake roll	绿茶饼 Green tea cake	红豆菠萝包 Red bean pineapple bun	甜甜圈 donut	大笑葱油饼 Deep-fried scallion pancakes
幼儿园 Maternelle	9/15/2025 周一 Monday	9/16/2025 周二 Tuesday	9/17/2025 周三 Wednesday	9/18/2025 周四 Thursday	9/19/2025 周五 Friday
蛋白类 Proteins	冬瓜扁豆焖鸡肉 Braised chicken with winter melon and	酸梅土豆焖鸭腿肉 Braised Duck Legs with Sour Plum and	黑椒鸡扒 Chicken steak with black pepper	法式蒜香口蘑菇虾仁 French garlic mushroom and shrimp	普罗旺斯炖羊肉 Provence stewed lamb
主食 Staple food	三丝炒米粉 Fried rice noodles with three shreds	鸡蛋牛肉炒饭 Fried rice with beef and eggs	三色藜麦饭 Tri-colored quinoa rice	三丝炒面 Fried noodles with three shreds	红薯小米饭 Sweet potato and small rice
蔬菜 Vegetables	蒜蓉油麦菜 Garlic lettuce	蒜蓉粉丝娃娃菜 Baby cabbage with garlic vermicelli	蒜蓉上海青 Shanghai green with garlic sauce	蒜蓉娃娃菜 Baby cabbage with garlic	蒜蓉菜心 Garlic cabbagevegetables
水果 Fruits	西瓜 watermelon	香蕉 Banana	哈密瓜 Melon	无籽青提 Seedless green grape	桔子 Orange
饮品 Drinks	酸奶 Yogurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt
点心 Pastry	原味蛋糕卷 Cake roll	绿茶饼 Green tea cake	红豆菠萝包 Red bean pineapple bun	甜甜圈 donut	大笑葱油饼 Deep-fried scallion pancakes

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自助餐 Buffet	9/22/2025 周一 Monday	9/23/2025 周二 Tuesday	9/24/2025 周三 Wednesday	9/25/2025 周四 Thursday	9/26/2025 周五 Friday
蛋白类(非猪肉) Proteins (Non Porc)	孜然土豆鸭肉 Cumin potatoes and duck meat	爆浆鸡排 Fried chicken nuggets with cheese	咖喱土豆牛腩 Curry potato beef brisket	酸菜鱼片 Fish Fillet with pickled Chinese cabbage	香菇蒸鸡腿肉 Steamed chicken leg with mushrooms
蛋白类(猪肉) Proteins (Porc)	牛肉炒花菜 Stir-fried beef with cauliflower	茄汁鱼柳 Tomato sauce fish fillet	豆腐蒸虾仁 Steamed Shrimp with Tofu	炸鸡块 Fried Chicken	豆腐蒸虾仁 Steamed Shrimp with Tofu
主食 Staple food	香酥五花肉 Crispy pork	土豆鹌鹑蛋红烧肉 Potatoes with quail eggs and braised pork	粉蒸肉 steamed pork with rice flour	榨菜蒸肉 Pickled vegetables with steamed meat	香芋扣肉 Taro with braised pork
蔬菜 Vegetables	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	豆角茄子炒肉丝 Stir fried pork with green beans and
汤类 Soup	烧麦 Steamed Chinese dumplings	三丝炒面 Fried noodles with three shreds	牛肉意粉 Beef spaghetti	牛肉洋葱土豆泥 Hachis Parmentier	清蒸红薯 Steamed sweet potato
水果 Fruits	鸡蛋牛肉炒饭 Fried rice with beef and eggs	杂粮饭 Coarse Grain Rice	青菜鸡肉火腿炒饭 Fried rice with vegetables and chicken ham	咖喱鸡焗饭 Baked chicken curry rice	鸡蛋玉米粒炒饭 Fried rice with egg and corn kernels
饮品 Drinks	蒜蓉粉丝娃娃菜 Baby cabbage with garlic vermicelli	地中海蔬菜大杂烩 Ratatouille	虾米烧冬瓜 Dried shrimp with wax gourd	蒜蓉油麦菜 Garlic lettuce	包菜炒粉丝 Fried cabbage with vermicelli
点心 Pastry	清炒茄子 Stir-fried eggplant	蒜蓉上海青 Shanghai green with garlic sauce	蒜蓉菜心 Garlic cabbagevegetables	清炒爽藕 Stir-fried lotus root	清炒西兰花 Stir-fried Broccoli
幼儿园 Maternelle	海带虾米汤 Seaweed and Shrimp Soup	香芋西米露 Sweet taro sago dew	霸王花鸡汤 Bawanghua chicken soup	红豆沙 Red Bean Paste	雪梨银耳红枣汤 Snow pear tremella and red date soup
蛋白类 Proteins	香蕉 Banana	无籽青提 Seedless green grape	西瓜 watermelon	圣女果 Cherry Tomatoes	哈密瓜 Melon
主食 Staple food	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt
蔬菜 Vegetables	绿茶饼 Green tea cake	甜甜圈 donut	烤土豆球 Baked potato balls	红枣玉米发糕 Red date corn cake	小油条 Chinese Churros
水果 Fruits	9/22/2025 周一 Monday	9/23/2025 周二 Tuesday	9/24/2025 周三 Wednesday	9/25/2025 周四 Thursday	9/26/2025 周五 Friday
饮品 Drinks	孜然土豆鸭肉 Cumin potatoes and duck meat	爆浆鸡排 Fried chicken nuggets with cheese	咖喱土豆牛腩 Curry potato beef brisket	酸菜鱼片 Fish Fillet with pickled Chinese cabbage	香菇蒸鸡腿肉 Steamed chicken leg with mushrooms
点心 Pastry	鸡蛋牛肉炒饭 Fried rice with beef and eggs	三丝炒面 Fried noodles with three shreds	牛肉意粉 Beef spaghetti	咖喱鸡焗饭 Baked chicken curry rice	鸡蛋玉米粒炒饭 Fried rice with egg and corn kernels
	蒜蓉粉丝娃娃菜 Baby cabbage with garlic vermicelli	蒜蓉上海青 Shanghai green with garlic sauce	蒜蓉菜心 Garlic cabbagevegetables	蒜蓉油麦菜 Garlic lettuce	清炒西兰花 Stir-fried Broccoli
	香蕉 Banana	无籽青提 Seedless green grape	西瓜 watermelon	圣女果 Cherry Tomatoes	哈密瓜 Melon
	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt	酸奶 yoghurt
	绿茶饼 Green tea cake	甜甜圈 donut	烤土豆球 Baked potato balls	红枣玉米发糕 Red date corn cake	小油条 Chinese Churros

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自助餐 Buffet	9/29/2025 周一 Monday	9/30/2025 周二 Tuesday	Column I	Column I	Column I
蛋白类(非猪肉) Proteins (Non Porc)	茄汁鱼柳 Tomato sauce fish fillet	鲜蔬焖牛肉 Braised beef with vegetables			
	贝贝南瓜鸡腿肉 Braised Chicken with Pumpkin	西芹红椒炒鱿鱼 Fried squid with celery and red pepper			
蛋白类(猪肉) Proteins (Porc)	梅菜扣肉 Braised pork with preserved mustard green	土豆丝炒肉丝 Stir fried shredded potatoes with pork			
	青豆角肉丝 Green bean fillet shredded pork	糖醋里脊 Sweet and Sour Pork			
主食 Staple food	兰豆红萝卜蝴蝶面 Beans Carrot and Butterfly Noodles	清蒸红薯 Steamed sweet potato			
	小米饭 Rice	咖喱鸡焗饭 Baked chicken curry rice			
蔬菜 Vegetables	大白菜 Chinese cabbage	蒜炒菜心 Garlic cabbage			
	西红柿炒鸡蛋 Scrambled eggs with tomatoes	清炒爽藕 Stir-fried lotus root			
汤类 Soup	红豆沙 Red Bean Paste	绿豆汤 Green bean soup			
水果 Fruits	香梨 Pear	香蕉 Banana			
饮品 Drinks	酸奶 yoghurt	酸奶 yoghurt			
点心 Pastry	黑糯米糕 Black glutinous rice cake	蛋挞 Egg tart			
幼儿园 Maternelle	9/29/2025 周一 Monday	9/30/2025 周二 Tuesday			
蛋白类 Proteins	茄汁鱼柳 Tomato sauce fish fillet	鲜蔬焖牛肉 Braised beef with vegetables			
主食 Staple food	兰豆红萝卜蝴蝶面 Beans Carrot and Butterfly Noodles	咖喱鸡焗饭 Baked chicken curry rice			
蔬菜 Vegetables	大白菜 Chinese cabbage	蒜炒菜心 Garlic cabbage			
水果 Fruits	香梨 Pear	香蕉 Banana			
饮品 Drinks	酸奶 yoghurt	酸奶 yoghurt			
点心 Pastry	黑糯米糕 Black glutinous rice cake	蛋挞 Egg tart			