

Shanghai United International School Weekly Lunch Menu



				周一 Monday 3.1	周二 Tuesday 3.2	周三 Wednesday 3.3	周四 Thursday 3.4	周五 Friday 3.5
				Creamy Puff 奶油泡芙	Baozi 小鲜肉包	Roman Shield 罗马盾牌	Purple Yam Bun 紫薯甜心	Brownie 布朗尼
点心	Snack			3.1	3.2	3.3	3.4	3.5
				Yogurt 酸奶	Red Bean Soup 红豆汤	Yogurt 酸奶	Millet Congee 小米粥	Yogurt 酸奶
LUNCH	CHINESE	中餐	Braised Meatball 红烧肉圆	Braised Beef 红烧牛肉粒	Sweet and Sour Spare Ribs 糖醋小排	Braised Pork with Turnip 萝卜烧肉	Braised Pork 酱爆肉丁	
			Shredded Chicken with Tomato Sauce 茄汁鸡片	Fried Shrimp with Egg 翡翠虾仁炒蛋	Fish Ball 白汁鱼圆	Steamed Egg with Minced Pork 肉糜蒸蛋	Duck in Brown Sauce 私房酱鸭	
			Fried Pork with Bean Curd and Culiure 腐竹茼蒿炒肉片	Braised Shredded Pork with Cow Pea 豇豆烩肉丝	Fried Sliced Pork with Celtuce 茼蒿炒肉片	Shredded Pork with Celery and Tofu 芹菜香干肉丝	Fried Egg with Tomato 西红柿炒蛋	
			Fried Vegetable with Bamboo Shoot 冬笋塔菜	Pumpkin with Scallion Oil 葱油南瓜	Shredded Potato with Bell Pepper 青椒土豆丝	Bean Sprout with Bell Pepper 青椒绿豆芽	Vegetable 鸡毛菜	
			Egg Soup with Tomato 西红柿蛋花汤	Duck Soup 老鸭粉丝汤	Egg Soup with Seaweed 紫菜蛋花汤	Soup with Dried Shrimp and White Gourd 虾皮冬瓜汤	Egg Soup with Tofu and Shredded Pork 豆腐蛋花肉丝汤	
	WESTERN	西餐	Penne Pasta in Tomato Sauce 茄汁肉酱空心粉	Fried Noodle 青菜肉丝炒面	Fried Rice 扬州蛋炒饭	Spaghetti Bolognese 茄汁肉酱意大利面	Fusilli with Minced Pork in Creamy Sauce 白汁肉酱螺丝面	
			Grilled Spare Ribs 香烤蒜香小排	Chicken Nuggets 原味鸡块	Beef Curry 咖喱牛肉	Chicken Fillet 吉利鸡柳	Grilled Bacon 香烤培根	
			Corns 奶油玉米	Vegetable 杭白菜	Vegetable 鸡毛菜	Grilled Sweet Potato 香烤红薯	Broccoli 西兰花	
	NOODLE	面食	Noodles with Stewed Pork 南乳大肉面	Noodle Soup with Meatball 扬州狮子头面	Yu-Shiang Shredded Pork Noodle 鱼香肉丝面	Noodle Soup with Grilled Chicken Drumstick 香烤鸡腿面	Noodle Soup with Braised Beef 红烧牛肉面	
			Fried Shredded Pork with Chives 韭黄炒肉丝	Fried Egg with Mushroom 海鲜菇炒蛋	Marinated Egg 卤蛋	Fried Egg with Tomato 西红柿炒蛋	Shredded Pork with Celtuce 茼蒿肉丝	
			Vegetable 杭白菜	Vegetable 鸡毛菜	Lettuce with Garlic Paste 蒜泥生菜	Mushroom and Vegetable 香菇青菜	Bean Sprout 绿豆芽	

注：因IS餐厅空间有限，出于安全考虑，IS小学部不提供面食。 Due to the space limitation and safety concern, noodle is not provided for IS Primary.