

Shanghai United International School Weekly Lunch Menu

		周一 Monday 5.06	周二 Tuesday 5.07	周三 Wednesday 5.08	周四 Thursday 5.09	周五 Friday 5.10	周六 Saturday 5.11	
点心	Snack	紫薯甜心 Purple Sweet Potato Sweetheart 小米粥 millet gruel	草莓三明治 Strawberry sandwich 酸奶 Yougurt	迷你奶黄包 Mini Milk Yellow Bun 椰奶西米露 Coconut milk and sago sauce	曲奇饼干 Cookies 酸奶 Yougurt	海绵蛋糕 sponge cake 酸奶 Yougurt		
L U N C H	C H I N E S E	中餐	杏鲍菇牛肉粒 Diced beef with abalone mushroom 香酥鸡块 Crispy fried chicken 青椒肉片土豆片 Green Pepper, Pork Slices, Potato, China 杭白菜 Hang cabbage 西红柿蛋汤 Tomato and egg soup 香蕉 Banana	红烧肉圆面 Round noodles with braised pork 五彩鱼米粒 Colorful Fish and rice 干锅木耳有机花菜 Dried pot agaric organic cauliflower 炒三丝 Stir-fry three shreds 黄瓜丝蛋花汤 Cucumber and egg soup 黄圣女果 Cherry tomato	鹌鹑蛋烧肉 Roast meat with quail eggs 茄汁肉丁 Diced pork in tomato sauce 豇豆肉丝 Shredded pork with cowpeas 青椒土豆丝 Shredded Potato with Green Pepper 冬瓜海带汤 Winter melon and kelp soup 橘子 Orange	红烧牛肉 Beef stew 秘制酱鸭 Secret Sauce Duck 红烧肉米豆腐 Braised pork with rice and bean curd 香菇青菜 Mushrooms and vegetables 豆瓣豆腐汤 Douban Tofu Soup 西梅 Prunes	蒜泥白切里脊肉 Minced garlic white cut fillet 葱姜盐水虾 Salted shrimp with scallion, ginger and salt 红肠水蒸蛋 Steamed egg with sausage 杭白菜 Hang cabbage 青菜肉丝豆腐汤 青菜肉丝豆腐汤 Bean curd soup with vegetable 圣女果 Cherry tomato	咖喱牛肉炖土豆 Beef curry stewed potatoes 八宝肉酱 Eight treasure meat sauce 芹菜云丝肉丝 Shredded pork with celery 葱油冬瓜 Winter melon with scallion oil 玉米小排汤 Corn cutlet soup 香蕉 Banana
	W E S T E R N	西餐	肉酱意大利面 Spaghetti Bolognese 纯肉肠 Pure sausage 肥牛芦笋卷 Fat Beef Asparagus Rolls 香烤南瓜 Roasted pumpkin	茄汁肉酱空心粉 Spaghetti Bolognese with tomato sauce 蒜香小排 Garlic spareribs 玉米虾仁 Shrimp with corn 西兰花 Broccoli	台式卤肉饭 Rice with gravy 五香卤蛋 Five-spice powder, marinated eggs 菠菜 Spinach	西式青菜肉丝炒面 Western style fried noodles with shredded pork and vegetable 吉利龙利鱼 Lucky Dragon Fish 虾仁西兰花 Broccoli with shrimps 奶油玉米棒 Creamed corn on the cob	披萨 Pizza 原味鸡块 Original chicken nuggets 香脆薯条 Crispy Fries 西兰花 broccoli	广式腊肠炒饭 Fried rice with sausage 咕咾肉 Sweet and sour pork 烤鸡腿 Roast chicken legs 香烤红薯 Roasted sweet potatoes
	N O O D L E	面食	虾皮紫菜水饺 Ravioli with shrimps and seaweed 纯肉肠 Pure sausage	红烧肉圆面 Round noodles with braised pork 番茄炒鸡蛋 Scrambled Eggs with tomatoes 西葫芦炒肉片 Fried pork slices with zucchini 杭白菜 Green cabbage	鹌鹑蛋烧肉面 Fried pork noodles with quail eggs 杏鲍菇韭菜肉丝 Shredded pork with mushroom and leaf 莴笋炒蛋 Scrambled eggs with lettuce 绿豆芽 Mung bean sprouts	玉米小排面 Corn noodle 五香花干 Dried spiced flowers 洋葱青椒肉丝 Shredded pork with onion and green pepper 青菜 Vegetables	红烧大排面 Braised noodles in brown sauce 芹菜香干肉丝 Shredded jerky with celery 五香菜叶蛋 Leaf egg with spiced vegetables 杭白菜 Hang cabbage	八宝肉酱面 Eight Treasure Bolognese noodles 茭白炒肉丝 Stir-fried shredded pork with bamboo shoots 西红柿炒蛋 Scrambled Eggs with tomatoes 牛心菜 Cabbage