



Monday	Tuesday	Wednesday	Thursday	Friday
Leek soup	White gourd soup	Tomato soup	Radish soup	Mix mushroom soup
Pan fried pork cubes served with leek rice	Beef stew in soy sauce served with onion rice	Paprika chicken breast with potato	Roast duck breast served with veg rice	Grilled fish fillet served with carrot rice
Hawaii pizza	Oven baked pasta with ham & bacon	Steamed minced pork & egg served with cabbage rice	Fuisilli beef bolognese	Suatted chicken slices in egg-white
Sauteed Qingcai	Sauteed Chinese cabbage	Steamed sesame oil celery	Steamed olive oil Broccoli	Sautéed bean sprout
Cheese cake	Fruit Jelly	Chocolate roll	Banana cake	Pumpkin pie
Tomato Soup	Cream carrot Soup	Minestrone Soup	Mixed mushroom Soup	Onion Soup
black pepper beef served with broccoli rice	Sautéed chicken slices with mushroom	Grilled pork dumpling	Roasted lamb	Duck confit served with parsley potato
Ham braschetta	Grilled pork fillet with cheese	Curry fish served with egg rice	Sweet pepper chicken served with green bean rice	Pork ball served with vegetable rice
Sautéed Cauliflower	Sautéed Qingcai	Butter garlic Broccoli	Sautéed Carrots	Steamed butter Zucchini
Marble Cake	Brownie (No Walnuts)	Pineapple pie	Fruit jelly	Chocolate puff
Cabbage Soup	Cream pumpkin Soup	Radish Soup	Mixed mushroom Soup	White Gourd Soup
Grilled pork sausage	Beef lasagna	Chicken breast stew	Hot dog with french fries	Chicken piccata
Teriyaki chicken served with cabbage rice	Sauteed fish slices in sour sace served with onion rice	Carbonara (pork) served with pasta	Sauteed beef cubes served with zucchini rice	Sweet & sour pork served with cabbage rice
Sautéed QingCai	Steamed sesame oil Bean Sprout	Sautéed Carrot & celery	Steamed cabbage	Butter broccoli
Cheese Cake	Fruit Jelly	Apple pie	Banana Cake	cream muffin
Tomato Soup	Mixed mushroom Soup	Radish Soup	Pumpkin cream Soup	Onion Soup
Cheese pizza	India style roast chicken with potato	Sautéed pork stick in tomato sauce served with veg rice	Stir fried shanghai noodle (pork)	Linguine with cream chicken
Soy duck served with zucchini rice	Pork stew served with onion rice	Shepherd pie (beef)	Grilled fish with cream cumin sauce	Soy pork served with egg rice
Sautéed olive oil Qingcai	Sautéed cabbage	Butter Zucchini	Steamed Broccoli	Butter Carrot
Marble Cake	Pumpkin Pie	Fruit Jelly	Pear pie	Cream puff

Eight kinds of salads (including Fruit) are served daily at our Salad Station. All Set Meals include daily Bread, Yogurt or Milk Drink or Fruit Drink Selection.

ONLINE: [http://www.ycis-sh.com-parent login-school lunch](http://www.ycis-sh.com-parent-login-school-lunch)

Nutritional reading over the whole month: Red Meat 14% Fish 3% Vegetables 40%
White Meat 9% Starch 34% Deep Fried 0%