



ECOLE FRANCAISE INTERNATIONALE DE CANTON

# LUNCH

KG MENU JUN 5 - JUN 9

**MON**

**Braised Chicken Meat with Potatoes**

Tomato sauce spaghetti  
Chinese cabbage served with soup  
Nectarine  
Yogurt  
Coconut Juice Bun

**TUE**

**Fragrant Snow Chicken Steak**

Fried Rice with shrimp and corn  
Garlic pak choi  
Cherry tomato  
Yogurt  
Walnut Bun

**WED**

Steamed chicken with black fungus and mushroom  
Beef pasta  
scrambled eggs with tomatoes  
Apple  
Yogurt  
Cupcake

**THU**

Fried boneless roast duck with green pepper  
Fried rice with ham and cabbage  
Stir-fried Broccoli  
Banana  
Yogurt  
Red Bean Paste Bun

**FRI**

Hachis Parmentier  
XO baked Udon noodles  
**Ratatouille**  
Pear  
Yogurt  
Osmanthus cake





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# LUNCH

KG MENU JUN 12 - JUN 16

**MON** Steamed chicken  
Fried rice with pineapple and crab fillet  
Lettuce fried with oyster sauce  
Nectarine  
Yogurt  
Red Bean and Pineapple Bun

**TUE** **Fried Squid with Celery and bell pepper**  
Italian spaghetti with beef sauce  
Steamed Egg  
Cherry tomato  
Yogurt  
Purple Potato Bun

**WED** **Sweet and sour chicken strips**  
Fried Rice with shrimp and corn  
Stir-fried lettuce  
Pear  
Yogurt  
Doughnuts

**THU** Beef egg rolls  
Fried rice noodles with three shreds  
Bicolor shredded potatoes  
Apple  
Yogurt  
Brown sugar cake

**FRI** **Sweet and sour shrimps with pineapple**  
Sweet potato rice  
Baby cabbage with minced garlic  
Banana  
Yogurt  
Olive shaped meal bun





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# LUNCH

KG MENU JUN 19 - JUN 23

**MON** Beef and potatoes with garlic flavor  
Noodles  
Fried shredded tofu with leek  
Cherry tomato  
Yogurt  
Pineapple bun

**TUE** Boneless chicken with scallion oil  
Spaghetti with minced beef  
**Ratatouille**  
Pear  
Yogurt  
Red Bean Roll

**WED** **Lentilles au poulet**  
Fried Rice with beef  
Braised Pumpkin  
Banana  
Yogurt  
Red bean cheese bun

**THU** School holiday

**FRI** School holiday





ECOLE FRANCAISE INTERNATIONALE DE CANTON

# LUNCH

KG MENU JUN 26 - JUN 30

**MON** Fried beef with abalone mushrooms  
Stir-fried rice with egg and mixed vegetables  
Scrambled egg with shredded carrots  
Banana  
Yogurt  
Cupcake

**TUE** **Braised Chicken Meat with Potatoes**  
Spaghetti with minced beef  
Stir-fried lotus root  
Apple  
Yogurt  
Red Bean and Pineapple Bun

**WED** Hand shredded chicken (boneless)  
Steamed Chinese dumplings  
Braised White Gourd  
Pear  
Yogurt  
Hupi cake

**THU** **Curry with potato and beef**  
Fried rice noodles with three shreds  
Garlic pak choi  
Cherry tomato  
Yogurt  
Brown sugar cake

**FRI** Cantonese Roast Duck  
Steamed quinoa rice  
Scrambled eggs with cucumber and black fungus  
Nectarine  
Yogurt  
Red Bean Roll

