



ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

BUFFET MENU JUN 5 - JUN 9

MON Fried beef with abalone mushrooms, **Braised Chicken Meat with Potatoes**, Tomato sauce spaghetti, Baked chicken curry rice, Chinese cabbage served with soup, Stir-fried White Gourd, Cordyceps flower chicken soup, Nectarine, Yogurt, Coconut Juice Bun

TUE Preserved duck breast with bell pepper and onion sauce, **Fragrant Snow Chicken Steak**, Stir-fried noodles with beef, Fried Rice with shrimp and corn, Garlic pak choi, Stir-fried shredded potatoes, Pear, fungus and red date soup, Cherry tomato, Yogurt, Walnut Bun

WED Steamed chicken with black fungus and mushroom, Colorful shrimp, Beef pasta, Sweet potato rice, Chinese cabbage scrambled eggs with tomatoes, Red Bean Paste, Apple, Yogurt, Cupcake

THU Fried boneless roast duck with green pepper, **Pickled Chinese cabbage with Sole Fish**, Chow Mein, Fried rice with ham and cabbage, Stir-fried Broccoli, Three-colored corn grains, Green bean seaweed soup, Banana, Yogurt, Red Bean Paste Bun

FRI Hachis Parmentier, Fried Chicken strips XO baked Udon noodles, Steamed quinoa rice, Garlic cabbage, **Ratatouille** Bawanghua chicken soup, Pear, Yogurt Osmanthus cake





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

BUFFET MENU JUN 12 - JUN 16

- MON** Beef strips with colobell pepper, Steamed chicken, Steamed Chinese dumplings, Fried rice with pineapple and crab fillet, Lettuce fried with oyster sauce, Stir-fried shredded carrots, Duck soup with white gourd and Barley Jen, Nectarine, Yogurt, Red Bean and Pineapple Bun
- TUE** Hachis Parmentier, **Fried Squid with Celery and bell pepper**, Rice, Italian spaghetti with beef sauce, Steamed Egg, Stir-fried rice noodles with cabbages, Green Bean Paste, Cherry tomato, Yogurt, Purple Potato Bun
- WED** Curry with potato and beef, **Sweet and sour chicken strips**, Rice rolls with XO Sauce, Fried Rice with shrimp and corn Stir-fried lettuce, Braised eggplant, Coconut chicken soup, Pear, Yogurt, Doughnuts
- THU** Beef egg rolls, Braised duck breast with potatoes, Fried rice noodles with three shreds, Yangzhou fried rice, Bicolor shredded potatoes, Chinese cabbage, Pumpkin custard with milk, Apple, Yogurt, Brown sugar cake
- FRI** **Sweet and sour shrimps with pineapple Lentilles au poulet**, Steamed corn, Sweet potato rice, Stir-fried lotus root Baby cabbage with minced garlic, Chicken soup with tea tree mushroom, Banana, Yogurt, Olive shaped meal bun





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

BUFFET MENU JUN 19 - JUN 23

MON Crispy chicken wing, Beef and potatoes with garlic flavor, Noodles, Stir-Fried Rice with Egg, Fried shredded tofu with leek, Chinese cabbage, Corn, white gourd and duck soup, Cherry tomato, Yogurt, Pineapple bun

TUE Boneless chicken with scallion oil, Fried egg cake with beef and long beans, Spaghetti with minced beef, Fried Rice with curry, **Ratatouille**, Garlic cabbage, Red Bean Paste, Pear, Yogurt, Red Bean Roll

WED **Lentilles au poulet**, Roasted duck without bone, Fried Rice with beef, XO Scrambled egg with noodles, Braised Pumpkin, Egg and tofu, Cordyceps flower chicken soup, Banana, Yogurt, Red bean cheese bun

THU School holiday

FRI School holiday





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

BUFFET MENU JUN 26 - JUN 30

MON Fried beef with abalone mushrooms, New Orleans chicken wing, Steamed sweet potato, Stir-fried rice with egg and mixed vegetables, Scrambled egg with shredded carrots, Chinese cabbage, Duck soup with white gourd and Barley Jen, Banana, Yogurt, Cupcake

TUE Braised Chicken Meat with Potatoes, Braised beef brisket with bean curd and white radish, Mixed Fried Rice, Spaghetti with minced beef, Stir-fried lotus root, Baby cabbage with rice, vermicelli and minced Garlic, Milk corn juice, Apple, Yogurt, Red Bean and Pineapple Bun

WED Hand shredded chicken (boneless), Hachis Parmentier, Rice, Steamed Chinese dumplings, Braised White Gourd, Garlic broccoli, Chicken soup with tea tree mushroom, Pear, Yogurt, Hupi cake

THU Fried shrimps with egg, cucumber and fungus, Curry with potato and beef, Fried rice with pineapple and crab fillet, Fried rice noodles with three shreds, Garlic pak choi, Stir-fried pumpkin, Corn, white gourd and duck soup, Cherry tomato, Yogurt, Brown sugar cake

FRI Cantonese Roast Duck, Stewed beef with soybean, Steamed quinoa rice Noodles, Scrambled eggs with cucumber and black fungus, Stir-fried shredded zucchini, Green Bean Paste, Nectarine, Yogurt, Red Bean Roll

