



ECOLE FRANCAISE INTERNATIONALE DE CANTON

# LUNCH

KG MENU OCT 30 - NOV 3

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- MON** Fried beef with abalone mushrooms  
Mutton dumplings  
Chinese cabbage served with soup  
Seedless green extraction  
Yogurt  
Coconut Juice Bun
- TUE** Preserved duck breast with red pepper  
and onion sauce  
Fried Rice with shrimp and corn  
Ratatouille  
Hami melon  
Yogurt  
Original cake
- WED** Braised chicken breast with mushrooms  
Mashed potatoes with beef and Onions  
Steamed Egg  
Sugar Tangerine  
Yogurt  
Original cake
- THU** Sweet and sour bass steak  
Coarse Grain Rice  
Chinese cabbage  
Seedless grape  
Yogurt  
Doughnuts
- FRI** Braised beef with potatoes  
Stir-Fried Rice with Egg  
Stir-fried mushrooms  
Apple  
Yogurt  
Fragrans-scented rice cake





ECOLE FRANCAISE INTERNATIONALE DE CANTON

# LUNCH

KG MENU NOV 6 - NOV 10

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**MON** Braised Chicken wing with egg  
Mashed potatoes with beef and Onions  
Baby cabbage served with soup  
Pear  
Yogurt  
Walnut Bun

**TUE** Braised chicken with peanuts  
Spaghetti with minced beef  
Braised Eggplant with Potato  
Seedless red extract  
Yogurt  
Cupcake

**WED** Sole fish with bean curd  
Shao-mai  
King Oyster Mushroom in tasty sauce  
Banana  
Yogurt  
Purple sweet potato bread

**THU** Beef in black pepper sauce  
Beef rice noodles  
Garlic cabbage  
Sugar Tangerine  
Yogurt  
Date corn cake

**FRI** Fried boneless roast duck with green  
pepper  
Mutton dumpling  
Sliced mushrooms and lettuce  
Winter dates  
Hami melon  
Red Bean Roll





ECOLE FRANCAISE INTERNATIONALE DE CANTON

# LUNCH

KG MENU NOV 20 - NOV 24

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- MON** Fried sole fish with pepper and onion  
Baked chicken curry rice  
Chinese cabbage  
Cherry tomato  
Yogurt  
Cheese Strip
- TUE** Fried chicken nuggets  
Stir-fried udon noodles with three shreds  
Garlic cabbage  
Seedless green extract  
Yogurt  
Pineapple bun
- WED** Braised chicken breast with mushrooms  
Mashed potatoes with beef and onion  
Baby cabbage with rice vermicelli and minced Garlic  
Banana  
Yogurt  
Red bean cheese bag
- THU** Beef strips with colobell pepper  
xo sauce sausage noodles  
Stir-fried lotus root  
Apple  
Yogurt  
Hupi cake
- FRI** Chicken steak with fragrant snow  
Fried rice with ham and cabbage  
Garlic pak choi  
Sugar Tangerine  
Yogurt  
Fragrans-scented rice cake





ECOLE FRANCAISE INTERNATIONALE DE CANTON

# LUNCH

KG MENU NOV 27 - DEC 1

**MON** Sweet and sour sole fish with pineapple  
Noodles  
Lettuce fried with oyster sauce  
Banana  
Yogurt  
Custard Bun

**TUE** Stir-fried beef with cauliflower  
Mutton dumpling  
Braised Pumpkin  
Seedless raisin  
Yogurt  
Doughnuts

**WED** New Orleans chicken wing  
Chicken and cucumber instant noodles  
Garlic broccoli  
Pear  
Yogurt  
Egg tart

**THU** Lentilles au poulet  
Fried Rice with curry  
Chinese cabbage  
Red dragon fruit  
Yogurt  
Milk bread

**FRI** Stir-fried boneless chicken with green  
round pepper  
Butterfly pasta with minced beef  
Stir-fried mixed mushrooms  
Sugar Tangerine  
yoghurt  
Sponge cake

