



ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

BUFFET MENU JAN 2 - JAN 5

MON

Holiday

TUE

Orleans chicken wing root, Curry potato with beef, Fried noodles with three shreds, Fried rice with egg, Braised eggplant, Baby cabbage with garlic, Pumpkin custard with milk, Winter dates, yoghurt, donut

WED

Duck breast with pepper and onion, Fried egg cake with beef and long beans, Steamed Chinese dumplings, Sweet potato and small rice, Yunnan melon scrambled eggs, Two color corn kernels, Green Bean Paste, Dragon fruit, yoghurt, Pineapple bun

THU

Sunshine chicken steak, Fish with pickled cabbage, Beef spaghetti, Hachis Parmentier, Braised winter melon, Chinese cabbage, Corn and duck soup with white melon, Cherry Tomatoes, yoghurt, Olive shaped cheese bag

FRI

Stir-fried duck with mushrooms and celery, Beef stir-fried corn kernels, Steamed sweet potato, Fried rice with ham and vegetable heart, Stir-fried shredded lettuce, Ratatouille, Corn cream soup, Seedless grape, yoghurt, Purple sweet potato bun





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

BUFFET MENU JAN 8 - JAN 12

MON

Beef fried with corn grains, Steamed chicken, Three shredded fried noodles
Rice, Stir-fried cabbage with garlic,
Fried shredded cloud with leeks, Wax
gourd semen coicis old duck soup,
Citrus shatangju, yoghurt, Original cake

TUE

Stir-fried duck with mushrooms and
green beans, Crispy Golden Shrimp
Chop, Cart noodle, Fried rice with egg
and corn kernels, Fried cabbage with
vermicelli, Stir-fried sliced melon,
Chicken soup with carrots, Melon,
yoghurt, Matcha roll

WED

Beef frittata with long beans, Roast
chicken leg with potatoes, Spaghetti
Bolognese, Tri-colored quinoa rice,
Broccoli with garlic, Scrambled eggs
with tomatoes, Red bean paste,
Emperor Citrus, yoghurt, Black
glutinous rice cake

THU

Sweet and sour shrimp with pineapple,
Fried chicken fillet, Fried noodles with
eggs and greens, Multigrain rice, Baby
cabbage served with soup, Steamed
egg water, Chicken soup with carrots,
Banana, yoghurt, Red bean cheese bag

FRI

Braised chicken breast with lentils,
Braised fish with tomatoes, Steamed
sweet corn, Curry chicken baked rice,
Braised White Gourd, Scrambled eggs
with long beans, Chicken soup with tea
tree mushrooms, Apple, yoghurt, Egg
tart





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

BUFFET MENU JAN 15 - JAN 19

MON

Braised beef with potatoes, Soy sauce chicken, Egg corn fried rice, Egg noodles with XO sauce, Cabbage in garlic sauce, Stir-fried shredded lettuce, Chicken soup with cordyceps flowers, Sweet pear, yoghurt, Cream bread

TUE

Teriyaki chicken wing root, Roast boneless duck, Spaghetti with tomato sauce, Sweet potato and small rice, Scrambled eggs with cucumber and fungus, Bok choy, Milk corn juice, Seedless red grape, yoghurt, Osmanthus millet cake

WED

Braised Chicken Breast with Mushrooms, Colorful shrimp, Hachis Parmentier, Fried rice with ham and vegetable heart, Ratatouille, Stir-fried mixed mushrooms, Old duck soup with white melon and barley, Banana, yoghurt, Tiger skin cake

THU

Fried chicken slices, Stir-fried beef with apricot abalone, Steamed Chinese dumplings, Fried rice with egg, Baby cabbage with garlic vermicelli, Stir-fried eggplant, Farewell flower chicken soup, Millennium fruit, yoghurt, Bean bun

FRI

Stir fried squid with celery, Chicken with scallions for children, Fried noodles with three shreds, Tri-colored quinoa rice, Steamed egg water, Shanghai green with garlic sauce, Snow pear, tremella and red date soup, Melon, yoghurt, Red bean pineapple bun





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

BUFFET MENU JAN 22 - JAN 26

MON

Stir-fried beef with sliced lettuce, Orleans chicken wing root, Spaghetti with seafood, Curry chicken baked rice, Garlic and vegetable, Fried egg with shredded radish, Coconut chicken soup, Seedless raisin, yoghurt, Pineapple bun

TUE

Chicken breast with lentils, Stewed beef with Rolls of dried bean milk creams, quail eggs, Udon noodles with XO sauce, Fried rice with shrimps and corn kernels, Chinese cabbage, Stir-fried old pumpkin, Fungus, tremella and red date soup, Apple, yoghurt, Osmanthus millet cake

WED

Sunshine chicken steak, Stir fried lamb with scallions in Beijing, Instant noodles with shredded chicken and green melon, Fried rice with pineapple and crab fillet, Yunnan melon stir-fried carrot, Serve cabbage soup, Corn and duck soup with white melon, Winter dates, yoghurt, Tiger skin cake

THU

Braised Duck Breast with Colored Peppers, Braised beef with potatoes, Steamed sweet corn, Beef tri-color fried rice, Two-tone shredded potatoes, Scrambled eggs with long beans, Mung bean paste, Red dragon fruit, yoghurt, Egg tart

FRI

Steamed Chicken with Cordyceps Flower and Red Dates, Fried beef slices with celery and eggs, Steamed Chinese dumplings, Fried rice with mixed vegetables and eggs, Braised winter melon in brown sauce, Bok choy, Pumpkin soup with milk, Melon, yoghurt, Sponge cake





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

BUFFET MENU JAN 29 - JAN 31

MON

Cumin lamb, New Orleans chicken wing, Spaghetti Bolognese, Rice, Egg and tofu, Stir-fried White Gourd, Cordyceps flower chicken soup, Pear, Yogurt, Black glutinous rice cake

TUE

Sole fish with bean curd, Fried beef slices with celery and egg, Chow Mein, Baked chicken curry rice, Fried shredded tofu with leek, Braised Pumpkin, Bawanghua chicken soup, Seedless raisin, Yogurt, Hupi cake

WED

Hand shredded chicken (boneless), Stir fried squid with celery, Steamed sweet potato, Fried Rice with shrimp and corn, Grandma's Fried Eggs with Vegetables, Garlic pak choi, Tremella fuciformis and red date soup, Winter dates, Yogurt, Cake roll

THU

FRI

