



ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU JAN 2 - JAN 5

MON Holiday

TUE Curry potato with beef
Fried noodles with three shreds
Baby cabbage with garlic
Winter dates
yoghurt
donut

WED Duck breast with pepper and onion
Sweet potato and small rice
Two color corn kernels
Dragon fruit
yoghurt
Pineapple bun

THU Sunshine chicken steak
Hachis Parmentier
Braised winter melon
Cherry Tomatoes
yoghurt
Olive shaped cheese bag

FRI Beef stir-fried corn kernels
Fried rice with ham and vegetable heart
Ratatouille
Seedless grape
yoghurt
Purple sweet potato bun





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU JAN 8 - JAN 12

MON

Steamed chicken
Three shredded fried noodles
Stir-fried cabbage with garlic
Citrus shatangju
yoghurt
Original cake

TUE

Crispy Golden Shrimp Chop
Fried rice with egg and corn kernels
Fried cabbage with vermicelli
Melon
yoghurt
Matcha roll

WED

Roast chicken leg with potatoes
Spaghetti bolognese
Scrambled eggs with tomatoes
Emperor Citrus
yoghurt
Black glutinous rice cake

THU

Sweet and sour shrimp with pineapple
Multigrain rice
Steamed egg water
Banana
yoghurt
Red bean cheese bag

FRI

Braised chicken breast with lentils
Curry chicken baked rice
Braised White Gourd
Apple
yoghurt
Egg tart





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU JAN 15 - JAN 19

MON

Braised beef with potatoes
Egg noodles with XO sauce
Stir-fried shredded lettuce
Sweet pear
yoghurt
Cream bread

TUE

Teriyaki chicken wing root
Sweet potato and small rice
Scrambled eggs with cucumber and
fungus
Seedless red grape
yoghurt
Osmanthus millet cake

WED

Colorful shrimp
Hachis Parmentier
Ratatouille
Banana
yoghurt
Tiger skin cake

THU

Fried chicken slices
Fried rice with egg
Baby cabbage with garlic vermicelli
Millennium fruit
yoghurt
Bean bun

FRI

Stir fried squid with celery
Tri-colored quinoa rice
Steamed egg water
Melon
yoghurt
Red bean pineapple bun





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU JAN 22 - JAN 26

MON

Stir-fried beef with sliced lettuce
Curry chicken baked rice
Garlic and vegetable heart
Seedless raisin
yoghurt
Pineapple bun

TUE

Stewed beef with Rolls of dried bean
milk creams, quail eggs
Udon noodles with XO sauce
Stir-fried old pumpkin
Apple
yoghurt
Osmanthus millet cake

WED

Stir fried lamb with scallions in Beijing
Fried rice with pineapple and crab fillet
Serve cabbage soup
Winter dates
yoghurt
Tiger skin cake

THU

Braised Duck Breast with Colored
Peppers
Steamed sweet corn
Two-tone shredded potatoes
Red dragon fruit
yoghurt
Egg tart

FRI

Steamed Chicken with Cordyceps
Flower and Red Dates
Steamed Chinese dumplings
Bok choy
Melon
yoghurt
Sponge cake





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU JAN 29 - JAN 31

MON

Cumin lamb
Spaghetti Bolognese
Stir-fried White Gourd
Pear
Yogurt
Black glutinous rice cake

TUE

Sole fish with bean curd
Baked chicken curry rice
Braised Pumpkin
Seedless raisin
Yogurt
Hupi cake

WED

Hand shredded chicken (boneless)
Steamed sweet potato
Garlic pak choi
Winter dates
Yogurt
Cake roll

THU

FRI

