



ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU FEB 1 - FEB 2

MON

TUE

WED

THU

Roast beef with potatoes
Fried rice with corn and chicken
Ratatouille
Hami melon
Yogurt
Doughnuts

FRI

Hand shredded chicken (boneless)
Hachis Parmentier
Lettuce fried with oyster sauce
Banana
Yogurt
Hupi cake





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU FEB 19 - FEB 23

MON

Chicken nuggets
Steamed quinoa rice
Garlic pak choi
Red dragon fruit
Yogurt
Osmanthus cake

TUE

Stewed beef tendon balls with Chinese
wolfberry leaves
Spaghetti with minced beef
Chinese cabbage served with soup
Apple
Yogurt
Olive shaped meal bun

WED

Fried sole fish with pepper and onion
Rice
Ratatouille
Seedless raisin
Yogurt
Pineapple bun

THU

Fried Squid with Celery and bell pepper
Sweet potato rice
Chinese cabbage
Sugar tangerine
Yogurt
Cupcake

FRI

Sunshine chicken steak
Fried Rice with beef
Garlic cabbage
Cherry tomato
Yogurt
Red bean cheese bun





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU FEB 26 - MAR1

MON

Braised Chicken Breast with
Mushrooms
Tomato and egg braised rice
Chinese cabbage
Pear
Yogurt
Brown sugar cake

TUE

Fragrant Snow Chicken Steak
Mutton dumplings
Garlic lettuce
Winter dates
Yogurt
Cream cheese bun

WED

Braised beef with bean curd and quail
egg
Coarse Grain Rice
Stir-fried rice noodles with cabbages
Seedless green raisin
Yogurt
Matcha Roll

THU

Roasted duck without bone
Stir-Fried Rice with Egg
Fried shredded tofu with leek
Red dragon fruit
Yogurt
Cake roll

FRI

Fried shrimps with egg, cucumber and
fungus
Hachis Parmentier
Garlic pak choi
Hami melon
Yogurt
Egg tart

