



ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

BUFFET MENU FEB 1 - FEB 2

MON

TUE

WED

THU

Crispy chicken wing, Roast beef with potatoes, Fried rice with corn and chicken, Steamed sweet potato, Baby cabbage with minced garlic, Ratatouille, Cordyceps flower chicken soup, Hami melon, Yogurt, Doughnuts

FRI

Stir fried squid with celery, Hand shredded chicken (boneless), Hachis Parmentier, Fried Rice with shrimp and corn, Lettuce fried with oyster sauce, Shredded lettuce with garlic, Corn cream soup, Banana, Yogurt, Hupi cake





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

BUFFET MENU FEB 19 - FEB 23

MON

Fried beef with abalone mushrooms, Chicken nuggets, Hachis Parmentier Steamed quinoa rice, Scrambled eggs with tomatoes, Garlic pak choi, Duck soup with tea tree mushroom, Red dragon fruit, Yogurt, Osmanthus cake

TUE

Colorful shrimp, Stewed beef tendon balls with Chinese wolfberry leaves, Spaghetti with minced beef, Stir-Fried Rice with Egg, Stir-fried White Gourd Chinese cabbage served with soup, Coconut chicken soup, Apple, Yogurt, Olive shaped meal bun

WED

New Orleans chicken wing, Fried sole fish with pepper and onion, Chow Mein Rice, Colorful corn grains, Ratatouille, Pear, fungus and red date soup, Seedless raisin, Yogurt, Pineapple bun

THU

Lentilles au poulet, Fried Squid with Celery and bell pepper, Steamed sweet corn, Sweet potato rice, Chinese cabbage, Braised eggplant, Chicken soup with tea tree mushroom, Sugar tangerine, Yogurt, Cupcake

FRI

Beef with onion and pepper, Sunshine chicken steak, Tomato Pasta, Fried Rice with beef, Garlic cabbage, Long beans fried potatoes, Red Bean Paste, Cherry tomato, Yogurt, Red bean cheese bun





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

BUFFET MENU FEB 26 - MAR 1

MON

Beef with onion and pepper, Braised Chicken Breast with Mushrooms, Rice rolls with XO Sauce, Tomato and egg braised rice, Stir-fried pumpkin Chinese cabbage, Duck soup with white gourd and Barley Jen, Pear, Yogurt, Brown sugar cake

TUE

Fragrant Snow Chicken Steak, Fried egg cake with beef and long beans, Mutton dumplings, Fried rice with ham and cabbage, Stir-fried shredded potatoes, Garlic lettuce, Bawanghua chicken soup, Winter dates, Yogurt, Cream cheese bun

WED

Hand shredded chicken (boneless), Braised beef with bean curd and quail egg, Butterfly pasta with minced beef, Coarse Grain Rice, Tofu in oyster sauce, Stir-fried rice noodles with cabbages, Green bean soup, Seedless green raisin, Yogurt, Matcha Roll

THU

Fried Squid with Celery and bell pepper, Roasted duck without bone, Steamed Chinese dumplings, Stir-Fried Rice with Egg, Bicolor corn grains, Fried shredded tofu with leek, Nourishing chicken soup, Red dragon fruit, Yogurt, Cake roll

FRI

Crispy Golden Shrimp Chop, Fried shrimps with egg, cucumber and fungus, Hachis Parmentier, Fried rice with pineapple and crab, Steamed Egg, Garlic pak choi, Tremella fuciformis and red date soup, Hami melon, Yogurt, Egg tart

