



ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU APR 8 - APR 12

MON Braised Chicken wing with egg
Stir-Fried Rice with Egg
Baby cabbage served with soup
Pear
Yogurt
Matcha Roll

TUE Braised beef with tofu bamboo and
white radish
Spaghetti with minced beef
Braised Eggplant with Potato
Seedless red raisin
Yogurt
Cupcake

WED Baby beef roll
Shao-mai
King Oyster Mushroom in tasty sauce
Banana
Yogurt
Purple sweet potato bread

THU Stewed beef tendon balls with Chinese
wolfberry leaves
Beef rice noodles
Garlic cabbage
Seedless green raisin
Yogurt
Date corn cake

FRI Fried boneless roast duck with green
pepper
Fried rice with pineapple and crab fillet
Sliced mushrooms and lettuce
Winter dates
Yogurt
Olive shaped meal kit





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU APR 15 - APR 19

MON

Chicken nuggets
Mixed Fried Rice
Lettuce fried with oyster sauce
Red dragon fruit
Yogurt
Doughnuts

TUE

Braised chicken breast with mushrooms
Fried rice noodles with three shreds
Fried egg with carrot and black fungus
Winter dates
Yogurt
Hupi cake

WED

Fried beef with abalone mushrooms
Mutton dumpling
Sauteed Potato, Green Pepper and Eggplant
Sugar Tangerine
Yogurt
Original cake

THU

Lamb with cumin
Fried Rice with curry
Mediterranean vegetable stew
Seedless raisin
Yogurt
Brown sugar cake

FRI

Beef wicker with pepper
Stir-fried noodles with eggs and vegetables
Garlic broccoli
Hami melon
Yogurt
Milk bread





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU APR 22 - APR 26

MON

Roast beef with potatoes
Baked chicken curry rice
Chinese cabbage
Cherry tomato
Yogurt
Red bean roll

TUE

Sweet and sour bass steak
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

Braised duck breast with potatoes
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
Seedless red extract
Yogurt
Fragrans-scented rice cake





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU APR 29 - APR 30

MON Sweet and sour shrimps with pineapple
Chicken and cucumber instant noodles
Garlic broccoli
Pear
Yogurt
Egg tart

TUE Lamb with cumin
Fried Rice with curry
Chinese cabbage
Cherry tomato
Yogurt
Milk bread

WED

THU

FRI

