



ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

BUFFET MENU APR 8 - APR 12

- MON** Braised Chicken wing with egg, Fried squid with celery and red pepper, Stir-Fried Rice with Egg, Mashed potatoes with beef and Onions, Baby cabbage served with soup, Long beans and scrambled eggs, Duck soup with tea tree mushroom, Pear, Yogurt, Matcha Roll
- TUE** Braised beef with tofu bamboo and white radish, Cordyceps flower, mushroom chicken, Spaghetti with minced beef, Stir-Fried Rice with Egg Braised Eggplant with Potato, Steamed Pumpkin, Pear, fungus and red date soup, Seedless red grape, Yogurt, Cupcake
- WED** Diced duck with colored pepper, Baby beef roll, Shao-mai, Steamed quinoa rice, King Oyster Mushroom in tasty sauce, Tofu in oyster sauce, Coconut chicken soup, Banana, Yogurt, Purple sweet potato bread
- THU** Stewed beef tendon balls with Chinese wolfberry leaves, Colorful shrimp, Stir-fried rice with egg and mixed vegetables, Beef rice noodles, Garlic cabbage, Braised eggplant with minced garlic, Green Bean Paste, Seedless green raisin, Yogurt, Date corn cake
- FRI** Fried boneless roast duck with green pepper, Beef with onion and pepper, Fried rice with pineapple and crab fillet, Fried rice noodles with three shreds, Sliced mushrooms and lettuce, Steamed Egg, Nourishing chicken soup, Winter dates, Yogurt, Olive shaped meal kit





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BUFFET MENU APR 15 - APR 19

MON

Chicken nuggets, Stir-fried boneless duck with green round pepper, Spaghetti Bolognese, Mixed Fried Rice Lettuce fried with oyster sauce, Stir-fried shredded potatoes, Coconut chicken soup, Red dragon fruit, Yogurt, Doughnuts

TUE

Braised chicken breast with mushrooms Stewed beef tendons balls with white radish, Tomato Pasta, Fried rice noodles with three shreds, Fried egg with carrot and black fungus, Stir-fried lettuce, Milk corn juice, Winter dates Yogurt, Hupi cake

WED

Fried beef with abalone mushrooms Steamed chicken, Mutton dumpling Rice, Sauteed Potato, Green Pepper and Eggplant, scrambled eggs with tomatoes, Chicken soup with tea tree mushroom, Sugar Tangerine, Yogurt Original cake

THU

Chicken in soy sauce for children, Lamb with cumin, Bolognese with beef sauce Fried Rice with curry, Fried mushroom Mediterranean vegetable stew, Duck soup with white gourd and Barley Jen Seedless raisin, Yogurt, Brown sugar cake

FRI

White mushroom egg fried ham, Beef wicker with pepper, Stir-fried noodles with eggs and vegetables, Sweet potato rice, Garlic broccoli, Stir-fried White Gourd, Cordyceps flower chicken soup Hami melon, Yogurt, Milk bread





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LUNCH

BUFFET MENU APR 22 - APR 26

- MON** Chicken in soy sauce, Roast beef with potatoes, Steamed sweet potato, Baked chicken curry rice, Chinese cabbage, Steamed Egg, Chicken soup with corn and chestnut, Cherry tomato, Yogurt, Red bean roll
- TUE** Sweet and sour bass steak, Fried beef slices with celery and egg, Stir-fried udon noodles with three shreds, Tomato and egg braised rice, Garlic cabbage, Stir-fried lotus root, Old duck soup with white melon and barley, Seedless green extract, Yogurt, Pineapple bun
- WED** Golden shrimp steak, Braised chicken breast with mushrooms, Mashed potatoes with beef and onion, Rice, Baby cabbage with rice vermicelli and minced Garlic, Stir-fried mushrooms, Coconut chicken soup, Banana, Yogurt Red bean cheese bag
- THU** Fried squid with celery and red pepper Braised duck breast with potatoes, xo sauce sausage noodles, Fried Rice with shrimp and corn, Stir-fried lotus root, Mediterranean vegetable stew, Corn cream soup, Apple, Yogurt, Hupi cake
- FRI** Chicken steak with fragrant snow, Stir-fried beef fillet with mushroom, Fried rice with ham and cabbage, Steamed sweet corn, Garlic pak choi, Stir-fried shredded carrots, Stewed chicken soup, Seedless red raisin, Yogurt Fragrans-scented rice cake





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LUNCH

BUFFET MENU APR 29 - APR 30

MON

Sweet and sour shrimps with pineapple, Soy sauce chicken, Chicken and cucumber instant noodles, Spaghetti with minced beef, Garlic broccoli, Stir-fried eggplant, Red Bean Paste, Pear, Yogurt, Egg tart

TUE

Lamb with cumin, Braised chicken breast with lentils, Steamed sweet potato, Fried Rice with curry, Chinese cabbage, Braised White Gourd, Bawanghua chicken soup, Cherry tomato, Yogurt, Milk bread

WED

THU

FRI

