



ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU MAY 2 - MAY 3

MON

TUE

WED

THU

Fried chicken nuggets with cheese
Spaghetti
Baby cabbage with garlic vermicelli
Banana
yoghurt
Green tea cake

FRI

Stir-fried beef with carrot and lily
Tri-colored quinoa rice
Steamed egg water
Melon
yoghurt
Red bean pineapple bun





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU MAY 6 - MAY 10

- MON** Curry potato with beef
Fried noodles with three shreds
Ratatouille
Seedless green grape
yoghurt
donut
- TUE** Duck breast with pepper and onion
Sweet potato and small rice
Two color corn kernels
Dragon fruit
yoghurt
Pineapple bun
- WED** Sunshine chicken steak
Beef spaghetti
Braised winter melon
Cherry Tomatoes
yoghurt
Olive shaped cheese bag
- THU** Beef stir-fried corn kernels
Fried rice with ham and Choy sum
Stir-fried shredded lettuce
orange
yoghurt
Purple sweet potato bun
- FRI** Hand-Shredded Chicken
Fried rice with shrimps and corn
Fried potatoes with long beans
Apple
yoghurt
Red date corn cake





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU MAY 13 - MAY 17

MON

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

TUE

Fried chicken nuggets with cheese
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
Seedless watermelon
yoghurt
Black glutinous rice cake

THU

Fried chicken fillet
Multigrain rice
Steamed egg
Banana
yoghurt
Red bean cheese bun

FRI

Braised chicken breast with lentils
Instant noodles with shredded chicken
and green melon
Braised White Gourd
Apple
yoghurt
Egg tart





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU MAY 20 - MAY 24

MON Vacation

TUE Vacation

WED Vacation

THU Vacation

FRI Vacation





ECOLE FRANCAISE INTERNATIONALE DE CANTON

LUNCH

KG MENU MAY 27 - MAY 31

MON

Stir-fried beef with sliced lettuce
Curry chicken baked rice
Garlic and Choy sum
Seedless green extract
yoghurt
Pineapple bun

TUE

Stewed beef brisket with beancurd and
quail eggs
Hachis Parmentier
Stir-fried old pumpkin
Apple
yoghurt
Osmanthus millet cake

WED

Sunshine chicken steak
Fried rice with pineapple and crab fillet
Serve cabbage soup
orange
yoghurt
Tiger skin cake

THU

Braised duck breast with potatoes
Steamed sweet corn
Two-tone shredded potatoes
Red dragon fruit
yoghurt
Chinese Churros

FRI

Stir-fried boneless chicken with green
round pepper
Butterfly pasta with minced beef
Bok choy
Melon
yoghurt
Sponge cake

