



ECOLE FRANCAISE INTERNATIONALE DE CANTON

# LUNCH

BUFFET MENU MAY 2 - MAY 3

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**MON**

**TUE**

**WED**

**THU**

Fried chicken nuggets with cheese,  
Stir-fried beef with apricot abalone,  
Steamed Chinese dumpling,  
Spaghetti, Baby cabbage with garlic  
vermicelli, Stir-fried eggplant, Farewell  
flower chicken soup, Banana, yoghurt,  
Green tea cake

**FRI**

Stir-fried beef with carrot and lily,  
Chicken with scallions for children, Fried  
noodles with three shreds, Tri-colored  
quinoa rice, Steamed egg water,  
Shanghai green with garlic sauce, Snow  
pear tremella and red date soup, Melon,  
yoghurt, Red bean pineapple bun





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# LUNCH

BUFFET MENU MAY 6 - MAY 10

- MON** Orleans chicken wing root, Curry potato with beef, Fried noodles with three shreds, Fried rice with egg, Ratatouille, Baby cabbage with garlic, Pumpkin custard with milk, Seedless green grape yoghurt, donut
- TUE** Duck breast with pepper and onion, Fried egg cake with beef and long beans, Steamed sweet potato, Sweet potato and small rice, Yunnan melon scrambled eggs, Two color corn kernels Green Bean Paste, Dragon fruit, yoghurt, Pineapple bun
- WED** Sunshine chicken steak, Fish with pickled cabbage, Beef spaghetti, Yangzhou fried rice, Braised winter melon, Chinese cabbage, Corn and duck soup with white melon, Cherry Tomatoes, yoghurt, Olive shaped cheese bag
- THU** Stir-fried duck with mushrooms and celery, Beef stir-fried corn kernels, Steamed Chinese dumplings, Fried rice with ham and vegetable heart, Stir-fried shredded lettuce, Braised eggplant, Corn cream soup orange, yoghurt, Purple sweet potato bun
- FRI** Baby beef omelet, Hand-Shredded Chicken, Hachis Parmentier, Fried rice with shrimps and corn, Fried potatoes with long beans, Stir-fried lotus root, Nourishing chicken soup, Apple, yoghurt Red date corn cake





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# LUNCH

BUFFET MENU MAY 13 - MAY 17

- MON** Beef fried with corn grains, Steamed chicken, Three shredded fried noodles Rice, Stir-fried cabbage with garlic, Fried shredded cloud with leeks, Wax gourd semen Ciocis old duck soup, orange, yoghurt, Original cake
- TUE** Braised fish with tomatoes, Fried chicken nuggets with cheese, Cart noodle, Fried rice with egg and corn kernels, Fried cabbage with vermicelli, Stir-fried sliced melon, Chicken soup with carrots, Melon, yoghurt, Matcha roll
- WED** Beef frittata with long beans, Roast chicken leg with potatoes, Spaghetti bolognese, Cart noodle, Broccoli with garlic, Scrambled eggs with tomatoes, Red bean paste, Seedless watermelon yoghurt, Black glutinous rice cake
- THU** Sweet and sour shrimp with pineapple, Fried chicken fillet, Fried noodles with eggs and greens, Multigrain rice, Baby cabbage served with soup, Steamed egg, Chicken soup with carrots, Banana, yoghurt, Red bean cheese bun
- FRI** Braised chicken breast with lentils, Stir-fried duck with mushrooms and green beans, Steamed sweet corn, Instant noodles with shredded chicken and green melon, Braised White Gourd, Scrambled eggs with long beans Chicken soup with tea tree mushrooms Apple, yoghurt, Egg tart





ECOLE FRANCAISE INTERNATIONALE DE CANTON

# LUNCH

BUFFET MENU MAY 20 - MAY 24

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**MON** Vacation

**TUE** Vacation

**WED** Vacation

**THU** Vacation

**FRI** Vacation





ECOLE FRANCAISE INTERNATIONALE DE CANTON

# LUNCH

BUFFET MENU MAY 27 - MAY 31

- MON** Stir-fried beef with sliced lettuce, Orleans chicken wing root, Spaghetti with seafood, Curry chicken baked rice Garlic and Choy sum, Fried egg with shredded radish, Coconut chicken soup Seedless green extract, yoghurt, Pineapple bun
- TUE** Chicken breast with lentils, Stewed beef brisket with beancurd and quail eggs, Hachis Parmentier, Fried rice with shrimps and corn kernels, Chinese cabbage, Stir-fried old pumpkin, Fungus, tremella and red date soup Apple, yoghurt, Osmanthus millet cake
- WED** Sunshine chicken steak, Braised dragon fish with tomatoes, Steamed Chinese dumplings, Fried rice with pineapple and crab fillet, Ratatouille Serve cabbage soup, Corn and duck soup with white melon, orange, yoghurt Tiger skin cake
- THU** Braised duck breast with potatoes, Braised beef with potatoes, Steamed sweet corn, Beef tri-color fried rice, Two-tone shredded potatoes, Scrambled eggs with long beans, Mung bean paste Red dragon fruit, yoghurt, Chinese Churros
- FRI** Stir-fried boneless chicken with green round pepper, Fried beef slices with celery and eggs, Butterfly pasta with minced beef, Fried rice with mixed vegetables and eggs, Braised winter melon in brown sauce, Bok choy, Pumpkin soup with milk, Melon, yoghurt, Sponge cake

