



# LFIC LUNCH MENU

自助餐 Buffet	12/1/2025 星期一	12/2/2025 星期二	12/3/2025 星期三	12/4/2025 星期四	12/5/2025 星期五
肉菜类(非猪肉) Proteins (Non Porc)	黑椒洋葱炒牛肉 Fried beef with black pepper and onion	香芋南瓜焖鸭肉 Stewed duck with taro and pumpkin	咖喱鸡 Curry Chicken	蒜香烤鸡 Garlic-flavored roast chicken	花菜炒鸡腿肉 Stir fried chicken meat with cauliflower
肉菜类(猪肉) Proteins (Porc)	黄焖鸡 braised chicken	彩椒洋葱龙利鱼 Fried sole fish with pepper and onion	西芹炒牛肉片 Fried beef slices with celery and egg	西芹红椒炒鱿鱼 Fried squid with celery and red pepper	虾仁炒丝瓜 Stir fried Shrimp with gourd
主食 Staple food	蚝油蛋饺 Oyster sauce egg dumplings with pork	土豆红烧瘦肉 Braised pork with potatoes	冬菇蒸肉饼 Steamed Pork with Mushrooms	冬瓜焖肉丸 Braised pork balls with winter melon	T骨猪扒 T-bone Pork Chop
蔬菜及其他 Vegetables and others	蒜香骨 Garlic tasty spare pork ribs	腐竹海带炒肉 Fried Pork with Seaweed and dried Tofu	青瓜炒肉 Stir fried Pork with Shredded Lettuce	肉沫玉米 Minced pork with corn	香芹豆干炒肉 Fried Pork with Celery and dried tofu
汤类 Soup	牛肉沫蝴蝶面 Butterfly pasta with minced beef	羊肉饺子 Mutton dumplings	肉碎茄汁意粉 Beef spaghetti	鸡蛋牛肉炒饭 Fried rice with beef and eggs	豆芽肉片炒河粉 Stir-fried Rice Vermicelli with Pork Slices and Bean Sprouts
水果 Fruits	红薯小米饭 Sweet potato rice	三丝炒米粉 Fried rice noodles with three shreds	奶香馒头 Milk flavored Steamed bun	烧麦 Steamed Chinese dumplings	清蒸玉米棒 Steamed corn
饮品 Drinks	地中海蔬菜大杂烩 Ratatouille	清蒸水蛋 Steamed egg water	蒜蓉菜心 Garlic cabbage	蒜蓉奶白菜 Garlic Minced Milk Cabbage	萝卜丝炒花菜 Sliced Radish Stir-Fried with Cauliflower
点心 Pastry	蒜蓉娃娃菜 Baby cabbage with garlic	蒜蓉上海青 Shanghai green with garlic sauce	西红柿炒鸡蛋 Scrambled eggs with tomatoes	清炒茄子 Stir-fried eggplant	蚝油豆腐 Tofu in oyster sauce
点心 Pastry	玉米鸡蛋羹 Corn and egg soup	山药炖鸡汤 Yam stewed chicken soup	裙带菜豆腐汤 Vegetable tofu soup	节瓜眉豆煲鸡汤 Chicken Soup with courgette and beans	绿豆沙 Green Bean Paste
点心 Pastry	橘子 orange	无籽红提 Seedless red extract	苹果 Apple	香蕉 Banana	橙子 Orange
点心 Pastry	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt
点心 Pastry	桂花小米糕 Fragrans-scented rice cake	小油条 Chinese Churros	菠萝派 Pineapple Pie	大笑南瓜饼 pumpkin pie	蛋挞 Egg tart
幼儿园 Maternelle	12/1/2025 星期一	12/2/2025 星期二	12/3/2025 星期三	12/4/2025 星期四	12/5/2025 星期五
肉菜类 Meat Dish	黑椒洋葱炒牛肉 Fried beef with black pepper and onion	香芋南瓜焖鸭肉 Stewed duck with taro and pumpkin	咖喱鸡 Curry Chicken	蒜香烤鸡 Garlic-flavored roast chicken	花菜炒鸡腿肉 Stir fried chicken meat with cauliflower
主食 Staple food	牛肉沫蝴蝶面 Butterfly pasta with minced beef	羊肉饺子 Mutton dumplings	肉碎茄汁意粉 Beef spaghetti	鸡蛋牛肉炒饭 Fried rice with beef and eggs	豆芽肉片炒河粉 Stir-fried Rice Vermicelli with Pork Slices and Bean Sprouts
蔬菜及其他 Vegetables and others	地中海蔬菜大杂烩 Ratatouille	清蒸水蛋 Steamed egg water	蒜蓉菜心 Garlic cabbage	蒜蓉奶白菜 Garlic Minced Milk Cabbage	萝卜丝炒花菜 Sliced Radish Stir-Fried with Cauliflower
水果 Fruits	橘子 orange	无籽红提 Seedless red extract	苹果 Apple	香蕉 Banana	橙子 Orange
饮品 Drinks	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt
点心 Pastry	桂花小米糕 Fragrans-scented rice cake	小油条 Chinese Churros	菠萝派 Pineapple Pie	大笑南瓜饼 pumpkin pie	蛋挞 Egg tart

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自助餐 Buffet	12/8/2025	12/9/2025	12/10/2025	12/11/2025	12/12/2025
	星期一	星期二	星期三	星期四	星期五
肉菜类(非猪肉) Proteins (Non Porc)	孜然土豆鸭肉 Cumin potatoes and duck meat	爆浆鸡排 Fried chicken nuggets with cheese	咖喱土豆牛肉 Curry potato beef brisket	酸菜鱼片 Fish Fillet with pickled Chinese cabbage	孜然羊肉 Cumin lamb
肉菜类(猪肉) Proteins (Porc)	牛肉炒花菜 Stir-fried beef with cauliflower	茄汁鱼柳 Tomato sauce fish fillet	豆腐蒸虾仁 Steamed Shrimp with Tofu	炸鸡块 Fried Chicken	金蒜牛肉 Golden Garlic Beef
主食 Staple food	粉蒸肉 steamed pork with rice flour	糖醋里脊 Sweet and Sour Pork	蜜汁叉烧 Honey-Stewed BBQ Pork	土豆焖排骨 Stewed Pork Ribs with Potatoes	茄汁猪扒 Tomato sauce pork chop
	肉沫南瓜 Minced pork with pumpkin	咸蛋黄肉碎煮节瓜 Salted egg yolk with minced pork and courgette	菜花炒肉 Cauliflower with pork	小瓜炒肉 Stir fried pork with melon	青瓜炒肉片 Stir fried pork slices with cucumber
蔬菜及其他 Vegetables and others	三丝炒面 Fried noodles with three shreds	肉碎茄汁意粉 Beef spaghetti	牛肉洋葱土豆泥 Hachis Parmentier	清蒸红薯 Steamed sweet potato	烧麦 Steamed Chinese dumplings
	杂粮饭 Coarse Grain Rice	青菜火腿炒饭 Fried rice with vegetables and chicken ham	咖喱鸡焗饭 Baked chicken curry rice	鸡蛋玉米粒炒饭 Fried rice with egg and corn kernels	小米饭 Rice
汤类 Soup	上汤小白菜 Chinese cabbage served with soup	蚝油豆腐 Tofu in oyster sauce	云南小瓜红萝卜 Shredded zucchini with carrot	荷塘小炒 Stir-fried lotus root	包菜炒粉丝 Stir-fried rice noodles with cabbages
	地中海蔬菜大杂烩 Ratatouille	蒜蓉菜心 Garlic cabbage	清蒸水蛋 Steamed Egg	蒜蓉油麦菜 Garlic lettuce	红烧干叶豆腐 Stewed beancurd with Soy sauce
水果 Fruits	哈密瓜 Hami melon	香蕉 Banana	冬枣 Winter dates	干禧果 Cherry tomato	无籽青提 Seedless green raisin
饮品 Drinks	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt
点心 Pastry	蝴蝶包 Butterfly Bun	绿茶饼 Green tea cake	黄金小馒头 Golden tiny buns	港式春卷 Hong Kong-style Spring Rolls	大笑香芋地瓜丸 Taro and sweet potato balls
幼儿园 Maternelle	12/8/2025	12/9/2025	12/10/2025	12/11/2025	12/12/2025
	星期一	星期二	星期三	星期四	星期五
肉菜类 Meat Dish	孜然土豆鸭肉 Cumin potatoes and duck meat	爆浆鸡排 Fried chicken nuggets with cheese	豆腐蒸虾仁 Steamed Shrimp with Tofu	酸菜鱼片 Fish Fillet with pickled Chinese cabbage	孜然羊肉 Cumin lamb
主食 Staple food	三丝炒面 Fried noodles with three shreds	肉碎茄汁意粉 Beef spaghetti	咖喱鸡焗饭 Baked chicken curry rice	鸡蛋玉米粒炒饭 Fried rice with egg and corn kernels	烧麦 Steamed Chinese dumplings
蔬菜及其他 Vegetables and others	上汤小白菜 Chinese cabbage served with soup	蒜蓉菜心 Garlic cabbage	云南小瓜红萝卜 Shredded zucchini with carrot	荷塘小炒 Stir-fried lotus root	包菜炒粉丝 Stir-fried rice noodles with cabbages
水果 Fruits	哈密瓜 Hami melon	香蕉 Banana	冬枣 Winter dates	干禧果 Cherry tomato	无籽青提 Seedless green raisin
饮品 Drinks	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt
点心 Pastry	蝴蝶包 Butterfly Bun	绿茶饼 Green tea cake	黄金小馒头 Golden tiny buns	港式春卷 Hong Kong-style Spring Rolls	大笑香芋地瓜丸 Taro and sweet potato balls

# LFIC LUNCH MENU

0	12/15/2025	12/16/2025	12/17/2025	12/18/2025	12/19/2025
	星期一	星期二	星期三	星期四	星期五
<b>肉菜类(非猪肉) Proteins (Non Porc)</b>	黄焖鸡 braised chicken	西芹红椒炒鱿鱼 Fried squid with celery and red pepper	金针云耳蒸鸡 Steamed Chicken with mushrooms	蒜香土豆牛肉 Beef and potatoes with garlic flavor	冬瓜扁豆焖鸡肉 Braised chicken with winter melon and beans
	豆角炒牛肉 Fried beef with beans	土豆烧鸭胸肉 Braised duck breast with potatoes	普罗旺斯炖羊肉 Provence stewed lamb	彩椒洋葱龙利鱼 Fried sole fish with pepper and onion	黑椒菠萝牛肉 Beef with black pepper and pineapple
<b>肉菜类(猪肉) Proteins (Porc)</b>	红烧狮子头 Stewed Pork Ball in Brown Sauce	菠萝咕嚕肉 Pineapple Sweet and Sour Pork	马蹄萝卜蒸肉饼 Steamed pork patties with water chestnut and carrot	粉蒸肉 steamed pork with rice flour	客家酿豆腐 Hakka Stuffed pork with tofu
	小瓜炒肉卷 Stir fried Pork Rolls with Melons	玉米沙葛肉丁 Corn with jicama and diced pork	豆干炒肉丝 Fried Shredded Pork with dried tofu	豆泡焖肉 Braised Pork with Bean Soak	蒜香骨 Garlic Pork Ribs
<b>主食 Staple food</b>	清蒸甜玉米 Steamed sweet corn	意大利牛肉酱意粉 Spaghetti bolognese	鸡肉酱肠粉 Steamed Vermicelli Rolls with Chicken Sauce	鸡蛋青菜炒面 Stir-fried noodles with eggs and vegetables	牛肉沫蝴蝶面 Butterfly pasta with minced beef
	扬州炒饭 Yangzhou fried rice	火腿菜心粒炒饭 Fried rice with ham and cabbage	扬州炒饭 Yangzhou fried rice	红薯小米饭 Sweet potato rice	杂锦炒饭 Mixed Fried Rice
<b>蔬菜及其他 Vegetables and others</b>	蒜蓉油麦菜 Garlic lettuce	酱汁杏鲍菇 King Oyster Mushroom in tasty sauce	蒜蓉西兰花 Broccoli with garlic	红烧茄子 Braised eggplant	蒜炒菜心 Garlic cabbage
	韭菜炒云丝 Fried shredded tofu with leek	蚝油豆腐 Tofu in oyster sauce	西红柿炒鸡蛋 Scrambled eggs with tomatoes	蒜蓉娃娃菜 Baby cabbage with minced garlic	清炒爽藕 Stir-fried lotus root
<b>汤类 Soup</b>	牛奶南瓜羹 Pumpkin custard with milk	椰子鸡汤 Coconut chicken soup	霸王花鸡汤 Bawanghua chicken soup	雪耳糖水 White fungus dessert	咸蛋黄节瓜鸡肉汤 Salted Egg Yolk with gourd and Chicken Soup
<b>水果 Fruits</b>	火龙果 Pitaya	香蕉 Banana	苹果 Apple	水果木瓜 papaya	橙子 Orange
<b>饮品 Drinks</b>	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt
<b>点心 Pastry</b>	香芋地瓜丸 Taro and Sweet Potato Balls	烤土豆球 Baked potato balls	桂花小米糕 Fragrans-scented rice cake	黄金小馒头 Golden tiny buns	原味蛋糕卷 Cake roll
<b>幼儿园 Maternelle</b>	12/15/2025 星期一	12/16/2025 星期二	12/17/2025 星期三	12/18/2025 星期四	12/19/2025 星期五
<b>肉菜类 Meat Dish</b>	黄焖鸡 braised chicken	西芹红椒炒鱿鱼 Fried squid with celery and red pepper	普罗旺斯炖羊肉 Provence stewed lamb	蒜香土豆牛肉 Beef and potatoes with garlic flavor	冬瓜扁豆焖鸡肉 Braised chicken with winter melon and beans
<b>主食 Staple food</b>	扬州炒饭 Yangzhou fried rice	意大利牛肉酱意粉 Spaghetti bolognese	扬州炒饭 Yangzhou fried rice	鸡蛋青菜炒面 Stir-fried noodles with eggs and vegetables	牛肉沫蝴蝶面 Butterfly pasta with minced beef
<b>蔬菜及其他 Vegetables and others</b>	蒜蓉油麦菜 Garlic lettuce	蚝油豆腐 Tofu in oyster sauce	蒜蓉西兰花 Broccoli with garlic	蒜蓉娃娃菜 Baby cabbage with minced garlic	蒜炒菜心 Garlic cabbage
<b>水果 Fruits</b>	火龙果 Pitaya	香蕉 Banana	苹果 Apple	水果木瓜 papaya	橙子 Orange
<b>饮品 Drinks</b>	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt
<b>点心 Pastry</b>	香芋地瓜丸 Taro and Sweet Potato Balls	烤土豆球 Baked potato balls	桂花小米糕 Fragrans-scented rice cake	黄金小馒头 Golden tiny buns	原味蛋糕卷 Cake roll