

# 2011-2012 AIAN Cafeteria Menu

updated April 9, 2012

## First Week

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Deep Fried Nuggets 炸上校鸡块	Sauted Vegetable 炒油麦菜	Boiled Pork 南乳烤肉	Baked Chicken Wing 烤鸡翅	Baked Beef 芝士烤牛肉扒
2	Sauted Cabbage 炒包心菜	B.B.Q. Pork 烤排骨	Sauted Onion and Potato 洋葱炒土豆	Sauted Mushroom 炒菌片	Boiled Corn 玉米棒
3	Sauted Bean Sprout 炒豆芽	Sauted Rice with Seafood 咖喱海鲜炒饭	Sauted Chinese Cabbage 炒白菜	Noodle with Tomato Sauce 茄汁意面	Baked Tomato 烤番茄
4	Onion Soup 洋葱汤	Miso Soup 味噌汤	Tomato and Egg Soup 番茄蛋汤	Potato Soup 土豆汤	Carrot Soup 胡萝卜汤
5	Rice 米饭	Salad 色拉	Rice 米饭	Rice 米饭	Rice 米饭
6	Salad 色拉	Bread 面包	Salad 色拉	Salad 色拉	Salad 色拉
7	Bread 面包	Rice 米饭	Bread 面包	Bread 面包	Bread 面包
8	Tuna 金枪鱼	Pickled Vegetable 泡菜	Tuna 金枪鱼	Pickled Vegetable 泡菜	Tuna 金枪鱼

## Second Week

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Sauted Chicken 煎鸡排	Deep Fried Pork 油炸猪里脊	Baked Fish 沙拉酱烤鱼	Curry Beef 咖喱牛肉	Ham and Cheese Sandwich 火腿芝士三文治
2	Sauted Vegetable 青菜炒香菇	Sauted Lettuce 炒生菜	Sauted Onion with Egg 洋葱炒蛋	Sauted Celery 炒芹菜	Baked Potato 烤小土豆
3	Deep Fried Vegetable 炸三角	Sauted Cauliflower 炒花菜	Sauted Bean 炒四季豆	Sauted Noodle 青菜炒面	Sauted Carrot and Bean Sprout 胡萝卜炒豆芽
4	Toufu Soup 豆腐汤	Seaweed Soup 紫菜汤	Russian Soup 罗宋汤	Mushroom Soup 蘑菇汤	Cabbage Soup 包菜汤
5	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭
6	Salad 色拉	Salad 色拉	Salad 色拉	Salad 色拉	Salad 色拉
7	Bread 面包	Bread 面包	Bread 面包	Bread 面包	Tuna 金枪鱼
8	Tuna 金枪鱼	Pickled Vegetable 泡菜	Tuna 金枪鱼	Pickled Vegetable 泡菜	

## Third Week

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Sauted Beef with Black Sauce 黑椒牛柳	Deep Fried Chicken 炸鸡翅	Sauted Cuttle Fish 炒墨鱼片	Baked Pork 烤里脊肉	Bacon and Sausage 培根香肠
2	Sauted Vegetable 炒莴笋	Sauted Broccoli 炒西兰花	Sauted Eggplant 烧茄子	Sauted Spinich 炒菠菜	Boiled Egg 煮鸡蛋
3	French Fries 炸薯条	Sauted Rice 西式炒饭	Sauted Corn 炒玉米粒	Seafood with Noodle 海鲜烩面	Sauted Vegetable 炒菜烘
4	Vegetable Soup 榨菜汤	Wafgourd Soup 冬瓜汤	Pork Soup 排骨汤	Zucchini Soup 西葫芦汤	Clam Soup 蛤蜊汤
5	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭
6	Salad 色拉	Salad 色拉	Salad 色拉	Salad 色拉	Salad 色拉
7	Bread 面包	Bread 面包	Bread 面包	Bread 面包	Bread 面包
8	Tuna 金枪鱼	Pickled Vegetable 泡菜	Tuna 金枪鱼	Pickled Vegetable 泡菜	Tuna 金枪鱼