

2018-2019 AIAN Cafeteria Menu

First Week

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Braised Meat Ball in Brown Sauce 红烧自制狮子头	Deep-fried Chicken Cutlet 香脆鸡排	Beef with Black Pepper 黑椒牛柳	Korean Fried Pork 韩式炒肉	Roasted Chicken Wing 烤鸡翅
2	Fried Zizania Aquatica with Pepper 甜椒炒茭白	Fried Asparagus and Lily 芦笋炒百合	Fried Broccoli 清炒西兰花	Fried Cauliflower 干锅花菜	Fried Bean with Pickls 橄榄菜梅豆
3	Fried Greens 炒青菜	Fried Cabbage 手撕包菜	French Fries 自制炸薯条	Fried Cabbage and Black Fungus 白菜炒木耳	Fried Lettuce with Oyster Oil 蚝油炒生菜
4	Yam and Ribs Soup 山药排骨汤	Russian Soup 罗宋汤	Vegetable Soup 万年青汤	Chicken and Mushroom Soup 鸡肉香菇汤	Chinese Dumplings 水饺
5	Rice 米饭	Korean Fried Rice 韩式炒饭	Rice 米饭	Rice 米饭	Rice 米饭
6	Baguette 法棍切片	Rice 米饭	Baguette 法棍切片	Pastry 西点	Baguette 法棍切片
7	Tuna 金枪鱼	Pastry 西点	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Tuna 金枪鱼
8	Chinese Dimsum 中式点心	Fruit, Beverage 水果、饮料	Chinese Dimsum 中式点心		Chinese Dimsum 中式点心
9	Fruit, Beverage 水果、饮料		Fruit, Beverage 水果、饮料		Fruit, Beverage 水果、饮料

Second Week

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Braised Pork with Soy Sauce 红烧肉	Curry Chicken 咖喱鸡	Spiced Beef 五香牛肉	Rosted Ribs 烤仔排	Double-cooked Pork 回锅肉
2	Fried Celery with Squid 芹菜炒鱿鱼	Braised Bran 四喜烤麸	Fried Zucchini with Bacon 西葫芦炒培根	Fried Potato with Onion 洋葱土豆	Fried Mushrooms 美味杏鲍菇
3	Fried Tofu and Black Fungus 木耳炒腐竹	Fried Cucumber 炒青瓜	Home Style Tofu 家常豆腐	Fried Snow Bean 清炒荷兰豆	Fried Vegetable 清炒油麦菜
4	Miso Soup 味噌汤	Corn Soup 玉米浓汤	Spinach and Pork Soup 菠菜肉丝汤	Duck and Bamboo Shoot Soup 鸭肉笋汤	Pickled Vegetable Soup 榨菜汤
5	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭
6	Baguette 法棍切片	Pastry 西点	Baguette 法棍切片	Pastry 西点	Baguette 法棍切片
7	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Tuna 金枪鱼
8	Chinese Dimsum 中式点心		Chinese Dimsum 中式点心		Pizza 披萨
9	Fruit, Beverage 水果、饮料		Fruit, Beverage 水果、饮料		Fruit, Beverage 水果、饮料

Third Week

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Braised Beef and Potato 土豆炖牛肉	Deep- Fried Chicken Leg 香炸鸡腿	Sweet and Sour Pork 糖醋里脊	Roasted Salmon 烤三文鱼	Braised Meat and Radish 萝卜烧肉
2	Fried Tomato and Egg 西红柿炒鸡蛋	Roasted Vegetable 烤箱蔬菜	Fried String Beans 炒长豆角	Ningbo Baised Vegetable 宁波烤菜	Fried Sweet Pepper with Dried Tofu 甜椒炒香干丝
3	Fried Vegetable 清炒五号菜	Braised Taro with Brown Sauce 酱汁芋艿	Hand-shredded Cabbage 包菜粉丝	Fried Bean with Pickled 咸菜炒毛豆	Fried Vegetable 炒青菜
4	Vegetable and Tofu Soup 青菜豆腐羹	Mushroom Soup 菌菇浓汤	Soybean and Pork Soup 黄豆猪蹄汤	Celery and Fish Ball Soup 芹菜鱼丸汤	紫菜汤 Seaweed Soup
5	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭
6	Baguette 法棍切片	Pastry 西点	Baguette 法棍切片	Pastry 西点	Baguette 法棍切片
7	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Tuna 金枪鱼
8	Chinese Dimsum 中式点心		Chinese Dimsum 中式点心		Sushi 寿司
9	Fruit, Beverage 水果、饮料		Fruit, Beverage 水果、饮料		Fruit, Beverage 水果、饮料