

2016-2017 AIAN Cafeteria Menu

February 27, 2017 - June 16, 2017

First Week

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Stewed Chicken 可乐蚝油鸡翅	Chilli Concarne 墨西哥辣椒炖牛肉	Fried Pork 五花肉炒香干蒜苗	Pan Fish 匈牙利鱼排	Sauted Chicken with Tomato 番茄鸡肉
2	Sauted Vegetable 莴笋炒山药	Sauted Spicy Cabbage 辣炒白菜	Stewed Eggplant 红烧茄子	Stewed Vegetable with Cream Sauce 奶汁烩菜	Sauted Cabbage with Peanut 花生炒包心菜
3	Sauted Tofu 烧豆腐	Baked Potato 烤土豆	Sauted Cabbage 油豆腐烧白菜	Sauted Lettuce 炒生菜	Sauted Greens 炒青菜
4	Tomato and Egg Soup 番茄蛋汤	Pumpkin Soup 南瓜汤	Duck Soup 鸭子红枣笋干汤	Vichyssoise 维希奶油浓汤	Lamb Soup 羊肉清汤
5	Rice 米饭	Rice 米饭	Fried Beef Rice 牛肉炒饭	Rice 米饭	Rice 米饭
6	Bread 面包	Pastry 糕点	Rice 米饭	Pastry 糕点	Bread 面包
7	Tuna 金枪鱼	Salad Bar 色拉吧	Bread 面包	Salad Bar 色拉吧	Tuna 金枪鱼
8	Salad Bar 色拉吧		Tuna 金枪鱼		Salad Bar 色拉吧
9			Salad Bar 色拉吧		

Second Week

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Sauted Beef 双椒牛肉	Korean Stewed Spicy Chicken 韩国辣鸡翅	Sauted Pork 湖南小炒肉	Stewed Beef Ball 烩牛肉丸	Sauted Squid 老干妈炒鱿鱼片
2	Sauted Brocoli 西兰花炒木耳	Baked Mushroom with Pickled Vegetable 百菇焗包菜	Fried Celery 胡萝卜炒芹菜	Sauted Shredded Potato 炒土豆丝	Sauted Vegetable 炒油麦菜
3	Sauted Winter Melon with Ham 火腿炒冬瓜	Sauted Spinach 炒菠菜	Sauted Bean 肉末炒刀豆	Baked Cauliflower 焗烤白花菜	Stewed Vegetable 红烧夜开花
4	Vegetable Soup 雪菜笋汤	Korean Radish Soup 韩式泡菜萝卜汤	Chicken and Mushroom Soup 鸡肉菌菇汤	Seafood Soup 海鲜汤	Tomato and Potato Soup 土豆番茄汤
5	Rice 米饭	Rice 米饭	Rice 米饭	Sauted Noodle 炒意面	Rice 米饭
6	Bread 面包	Pastry 糕点	Bread 面包	Rice 米饭	Bread 面包
7	Tuna 金枪鱼	Salad Bar 色拉吧	Tuna 金枪鱼	Pastry 糕点	Tuna 金枪鱼
8	Salad Bar 色拉吧		Salad Bar 色拉吧	Salad Bar 色拉吧	Salad Bar 色拉吧

Third Week

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Deep Fried Chicken 炸鸡柳	Fried Pork with Cheese Musted Sauce 煎猪扒配奶酪芥末酱	Stewed Beef and Radish 萝卜烧牛肉	Grilled Spicy Chicken 烧烤辣鸡胸配加味饭	Deep Fried Pork 炸猪排
2	Fried Greens 炒青菜	Sauted Bacon and Corn 培根炒玉米粒	Sauted Egg with Vegetable 韭黄炒鸡蛋	Mushed Potato 土豆泥	Sauted Vegetable 酥炒季节时蔬
3	Sauted Onion and Potato 洋葱炒土豆	Sauted Zucchini with Basil 罗勒炒西葫芦	Sauted Spinach 松子菠菜	Sauted Cauliflower 坚果花椰菜	Sauted Carrots and Bean Sprouts 胡萝卜炒豆芽
4	Pork and Radish Soup 排骨萝卜汤	Broccoli Soup 西兰花汤	Vegetable and Baby Shrimp Soup 冬瓜虾皮汤	Chestnut and Parsnip Soup 萝卜栗子汤	Laver Soup 紫菜汤
5	Rice 米饭	Japanese Sushi 日式散寿司	Rice 米饭	Rice 米饭	Rice 米饭
6	Bread 面包	Rice 米饭	Bread 面包	Pastry 糕点	Bread 面包
7	Tuna 金枪鱼	Pastry 糕点	Tuna 金枪鱼	Salad Bar 色拉吧	Tuna 金枪鱼
8	Salad Bar 色拉吧	Salad Bar 色拉吧	Salad Bar 色拉吧		Salad Bar 色拉吧
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