

## 2018-2019 AIAN Cafeteria Menu

January 16, 2019~June 21, 2019

### First Week

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Green Vegetable and Tofu Filled with Meat 青菜面结	Braised Chicken Wings with Vegetable Juice 蔬汁烤鸡翅	Spiced Beef 五香牛肉	Sole Fish with Mushrooms and Cheese 鲜菇焗龙利鱼	Stewed Pork and Quail Egg 鹌鹑蛋烤肉
2	Braised Bamboo Shoot 油焖冬笋	Hand-Shredded Cabbage 手撕包菜	Roasted Vegetables 烤箱蔬菜	Broad Bean Paste 豆瓣酱	Fried Potato, Pepper and Eggplant 北国地三鲜
3	Chinese Cabbage and Black Fungus 白菜木耳	Fried Mushrooms with Scallion 葱油金针菇	Fried Spinich and Pine Nut 清炒菠菜松仁	Fried Lettuce 蒜泥生菜	Fried Greens 炒青菜
4	Yam and Rib Soup 山药排骨汤	Russian Soup 罗宋汤	Pumpkin Soup 奶油南瓜汤	Chicken and Mushroom Soup 香菇鸡汤	Wonton Soup 馄饨
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	Chinese Dimsum 中式点心	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		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	BBQ Pork Steak 烧烤猪排	Curry Chicken 咖喱鸡	Stewed Beef with Tomato 西红柿炖牛肉	Roasted Salmon 烤箱三文鱼	Roasted Ribs 烤仔排
2	Fried Broccoli 清炒西兰花	Roasted Eggplant 蒜泥烤茄子	Fried Cauliflower 干锅花菜	Winter Melon and Baby Shimp 冬瓜虾皮	Braised Bran 四喜烤麸
3	Spicy Tofu 麻辣豆腐	Fried Cucumber and Ham 青瓜炒火腿肠	Sauted Green Vegetable 清炒油麦菜	Fried Celery and Ginkgo 芹菜炒白果	Fried #5 Cabbage 蒜泥五号菜
4	Miso Soup 味噌汤	Rib and Radish Soup 萝卜排骨汤	Spinich and Noodle Soup 菠菜粉丝汤	Duck and Bamboo Shoot Soup 老鸭笋汤	Seaweed and Baby Shrimp Soup 紫菜虾皮汤
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	Chinese Dimsum 中式点心	Baguette 法棍切片
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**Third Week**

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Deep-fried Fillet with Spiced Salt 椒盐香酥里脊	Sour and Spicy Chicken 川味口水鸡	Beef with Black Pepper 黑椒牛柳	Steamed Pork 粉蒸五花肉	Spicy Shrimp 香辣虾
2	Home Style Tofu 家常豆腐	Stewed Ridish with Soysauce 红烧萝卜	Sweet and Sour String Beans 糖醋带豆	Stewed Vegetable 宁波烤菜	Fried Dried Tofu and Shredded Pork 香干炒肉丝
3	Cerely and Bean Sprouts 芹菜豆芽	Cabbage and Pork 烂糊白菜	Mashed Potato with Cheese 芝士焗土豆泥	Fried Zucchini and Bacon 培根炒西葫芦	Fried Corn, Bean and Shimp 青豆玉米虾仁
4	Tomato and Egg Soup 番茄蛋汤	Broccoli Soup 奶油西兰花汤	Pork and Soybean Soup 黄豆猪蹄汤	Seafood Soup 海鲜汤	Celery and Mushroom Soup 芹菜菌菇羹
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	Chinese Dimsum 中式点心	Baguette 法棍切片
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**Fourth Week**

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Stewed Pork with Dried Vegetable 梅干菜烤肉	BBQ Lamb Chop 烧烤羊排	Stewed Beef and Potato 土豆烧牛肉	Popcorn Chicken 鸡米花	Braised Squid with Soysauce 红烧鱿鱼
2	Fried Loutus Root 荷塘月色	Fried Lettuce and Yam 莴笋炒山药	Fried Snow Pea and Baby Corn 荷兰豆炒玉米笋	Stewed Baby Cabbage 干贝娃娃菜	Fried Mushroom and Pickled 雪菜蘑菇
3	Braised Shredded Tofu 大煮干丝	Fried Bean Sprouts and Chive 韭菜绿豆芽	Fried Potato and Onion 洋葱土豆	Braised Tunip and Rice Cake 大头菜烤年糕	Fried Garlic Sprout and Tofu 蒜苗炒千叶豆腐
4	Green Cabbage and Tofu Soup 青菜豆腐羹	Bamboo Shoot and Pickled Soup 咸菜冬笋汤	Corn and Rib Soup 玉米排骨汤	Fish and Tofu Soup 鱼头豆腐汤	Italian Pasta 意大利面
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	Chinese Dimsum 中式点心	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
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