

**Aug. 12-16, 2019**  
**2019年8月12-16日**

	<b>Western Food</b> 西餐	<b>Asian Food</b> 亚餐	<b>Soup/Bread</b> 汤/面包 For Secondary Students and Adults
<b>Monday</b> 周一	<b>New Students Orientation Day</b> 新生入学培训日		
<b>Tuesday</b> 周二	Hotdog 热狗 French Fries 薯条 Vegetable Salad 蔬菜沙拉	Hong Shao Meatballs (Pork) 红烧丸子 (猪肉) Sautéed Cabbage 清炒洋白菜 Fried Egg 虎皮鸡蛋	Ma La Tang 麻辣烫
<b>Wednesday</b> 周三	Spaghetti 意大利面 Garlic Bread 香蒜面包 Vegetable Salad 蔬菜沙拉	Sweet Fried Chicken Fillets 甜味炸鸡块  Kimchi 泡菜 Gourd 拌西葫	Noodles with Beef Cubes 牛肉板面
<b>Thursday</b> 周四	Pizza 比萨饼 Vegetable Salad 蔬菜沙拉	Garlic Beef with Satay Sauce 香蒜沙茶牛肉粒 Assorted Broccoli 炒西兰花	Noodles with Soybean Sauce (Zha Jiang Mian) 炸酱面
<b>Friday</b> 周五	American Style Roasted Pork 美式烤猪肉 Potato Wedges 薯角 Vegetable Salad 蔬菜沙拉	 Dduk Bok Ki 韩式炒年糕 Organic Cauliflower with XO Sauce XO 酱焗有机菜花	Hong Shao Beef Noodle 红烧牛肉面

All meals served with rice and seasonal fruit. 西餐和亚餐都配有米饭和水果。

**Aug. 19-23, 2019**  
**2019年8月19-23日**

	<b>Western Food</b> 西餐	<b>Asian Food</b> 亚餐	<b>Soup/Bread</b> 汤/面包 <b>For Secondary</b> <b>Students and Adults</b>
<b>Monday</b> 周一	Fried Squid & Colonel Chicken 炸鳕鱼、上校鸡块 French Fries 薯条 Vegetable Salad 蔬菜沙拉	 Beef in Red Curry Sauce 泰式红咖喱牛肉 Sautéed Green Vegetable 清炒油菜	Beef Noodle (White Soup) 白汤牛肉面
<b>Tuesday</b> 周二	Pizza 比萨饼 Vegetable Salad 蔬菜沙拉	Malaysian Chicken 马来烤鸡 Snow Peas 炒荷兰豆 Fried Spring Rolls 炸春卷	Ma La Tang 麻辣烫
<b>Wednesday</b> 周三	Hamburger (Beef) 牛肉汉堡 Onion Rings 洋葱圈 Vegetable Salad 蔬菜沙拉	 Kimchi & Pork with Rice 泡菜猪肉饭 Potato Strips & Green Pepper 青椒土豆丝	Noodles with Beef Cubes 牛肉板面
<b>Thursday</b> 周四	Lasagna 意大利烤面片 Vegetable Salad 蔬菜沙拉	Fried Chicken Fillets 炸鸡柳 Hong Shao Tofu 红烧豆腐 Celery & Egg 芹菜鸡蛋	Noodles with Soybean Sauce (Zha Jiang Mian) 炸酱面
<b>Friday</b> 周五	Vegetables and Meat with Cream (Pork, Beef & Chicken) 奶油烤杂拌 (含猪肉、牛肉和鸡肉) Vegetable Salad 蔬菜沙拉	Bulgogi 韩国烤牛肉 Sautéed Broccoli 清炒西兰花	Hong Shao Beef Noodle 红烧牛肉面

**All meals served with rice and seasonal fruit. 西餐和亚餐都配有米饭和水果。**