

2024 November

# LUNCH MENU

Beiling Primary School



Date	Main Dish	Side Dish 1	Side Dish 2	Side Dish 3	Soup	Other/Fruit
Nov 1 (Fri)	Germ Rice	Honey-Glazed Chicken Leg	Corn Smoked Chicken	Bok Choy	Good Luck Soup	Yogurt
Nov 4 (Mon)	Steamed White Rice	Stir-Fried Duck with Ginger	Cabbage Meatballs	Stir-Fried Mushrooms with Cauliflower	Chinese Yam Pork Rib Soup	Orange
Nov 5 (Tue)	Brown Rice	Italian Braised Pork	Four Seasons Squid	Basil Seaweed	Bitter Melon Fish Ball Soup	Kiwi
Nov 6 (Wed)	Macaroni	Spaghetti with Meat Sauce	Mini Cake	—	Vegetable Meatball Soup	Soy Milk
Nov 7 (Thu)	Furikake Rice	Mapo Tofu	Stir-Fried Egg with Loofah	Stir-Fried Bok Choy with Tofu Skin	Red Bean Soup	Guava
Nov 8 (Fri)	Five-Grain Rice	Crispy Fish Nuggets	Winter Melon with Pork	Stir-Fried Cauliflower	Seaweed Egg Drop Soup	Yogurt Drink
Nov 11 (Mon)	Germ Rice	Scrambled Eggs with Shrimp	Stir-Fried Pork with Onion	Ginger Stir-Fried Spinach	Pickled Mustard Greens Pork Soup	Apple
Nov 12 (Tue)	Sesame Rice	Braised Pork Chop	Stir-Fried Chicken with Mushrooms	Stir-Fried Cabbage with Dried Shrimp	Ginger Seaweed Soup	Orange
Nov 13 (Wed)	Brown Rice	Oyakodon (Japanese Chicken & Egg Rice Bowl)	Roasted Seaweed	Bear-Shaped Pastry	Winter Melon Pork Rib Soup	Fresh Milk
Nov 14 (Thu)	Steamed White Rice	Plum Sauce Braised Tofu	Curry Potatoes	Sesame Bok Choy	Malt Pearl Soup	Banana
Nov 15 (Fri)	Sweet Potato Rice	Zucchini Braised Chicken	Pearl Meatballs	Stir-Fried Cauliflower and Broccoli	Duck Vermicelli Soup	Guava Lemon Juice
Nov 18 (Mon)	Brown Rice	Braised Chicken with Pickled Cucumber	Korean Rice Cakes	Ginger Stir-Fried Cabbage	Radish Corn Soup	Orange
Nov 19 (Tue)	Oatmeal Rice	Braised Pork Belly	Stir-Fried Chicken with Bell Peppers	Garlic Stir-Fried Cabbage	Tomato Egg Drop Soup	Grapes
Nov 20 (Wed)	Oil Noodles	Mixed Meat Braised Noodles	Russian Bread	—	Braised Soup	Fresh Milk

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Nov 21 (Thu)	Furikake Rice	Thai Fried Tofu	Stir-Fried Egg with Red Rice Yeast	Loofah Noodles	Mung Bean Soup	Guava
Nov 22 (Fri)	Brown Rice	Scallion Oil Chicken	Three Seafood with Cauliflower	Stir-Fried Cabbage with Dried Flatfish	Clam Fish Soup	Yogurt
Nov 25 (Mon)	Germ Rice	Braised Duck with Soy Sauce	Stir-Fried Rice Noodles with Shrimp	Ginger Stir-Fried Bok Choy	Four Herbs Soup	Apple
Nov 26 (Tue)	Red Quinoa Rice	Stir-Fried Pork with Tomato	Five-Color Shrimp Balls	Stir-Fried Cauliflower	Corn Chowder	Cherry Tomatoes
Nov 27 (Wed)	Germ Rice	Seafood and Vegetable Soup Rice	Brown Rice Crispy Cake	Steamed Milk Cake	Fresh Milk	—
Nov 28 (Thu)	Steamed White Rice	Vegetarian Braised Minced "Meat"	Assorted Cold Mixed Vegetables	Ginger Stir-Fried Spinach	Pearl Pudding Tofu	Banana
Nov 29 (Fri)	Brown Rice	Crispy Chicken Cutlet	Stir-Fried Pork with Cauliflower	Stir-Fried Bean Sprouts with Chives	Miso Vegetable Soup	Oat Milk