

MENU

SHANGHAI AMERICAN SCHOOL



Puxi	Monday	Tuesday	Wednesday	Thursday	Friday
Date:	2019.02.18	2019.02.19	2019.02.20	2019.02.21	2019.02.22
Elementary School	Chicken & sweet corn soup	Duck & bamboo shoot soup	Broccoli cream soup	Egg & tomato soup	Pumpkin cream soup
	Steamed chicken & black mushroom	Pork & egg stew	Teriyaki duck breast	Braised beef & abalone mushroom	Sweet & sour fish fillet
	Pork roast (gravy separate)	Beef bolognaise	Baked green pesto fish fillet	Chicken caujun	Roasted duck breast(apple sauce separate)
	Stir-fried Tofu & garden vegetable	Spaghetti olive oil	Lentils curry	Potato mash	Pasta w/green pesto
	Steam rice	Steamed rice	Steamed rice	Fried rice with egg	Steamed rice
	Zucchini	Bok choy	Chinese cabbage	Braised eggplant	You Mai Cai
	Poached broccoli	Poached carrot & snow pea	Baked zucchini	Sauteed cauliflower w/tomato	Grilled cherry tomato & onion

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Elementary School ALLERGIES	Steamed chicken leg	Steamed pork	Boiled duck breast	Beef slice with bamboo	Sauteed chicken w/ leek
	Pork roast (gravy separate)	Fried beef fillet w/onion	Roasted chicken breast	Chicken caujun	Roasted duck breast(apple sauce separate)
	Steam rice	Steam rice	Steam rice	Steam rice	Steam rice
	Grilled cherry tomato	Spaghetti olive oli	Chinese cabbage	Steamed eggplant w/tomato sauce	You Mai Cai
	Poached broccoli	Poached carrot & snow pea	Baked zucchini	Sauteed cauliflower w/tomato	Grilled cherry tomato & onion

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BeAsian	Steamed chicken & black mushroom	Pork & egg stew	Teriyaki duck breast	Braised beef & abalone mushroom	Sweet & sour fish fillet
	Steamed rice/Black rice	Steamed rice/Black rice	Steamed rice/Black rice	Steamed rice/Black rice	Steamed rice/Black rice
	Zucchini & egg	Steamed egg w/crab meat	Mapo tofu	Braised eggplant	Vegetable spring roll
	Sauteed cabbage & black fungus	Bok choy	Chinese cabbage	Chinese green with black mushroom	You Mai Cai
Dim Sum	Assorted steamed grain	Assorted steamed grain	Assorted steamed grain	Assorted steamed grain	Assorted steamed grain
	Steamed buns	Steamed pork bun	Shao-mai	Steamed creamy custard buns	Steamed BBQ pork buns
Soup	Chicken & sweet corn soup	Duck & bamboo shoot soup	Pork & winter melon soup	Egg & tomato soup	Miso soup
	Potato & leek soup	Tomato & cauliflower soup	Cream of broccoli soup	Goulash soup	Pumpkin cream soup



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BeVital	Pork roast (gravy separate)	Beef bolognaise	Baked green pesto fish fillet	Chicken caujun	Roasted duck breast(apple sauce separate)
	Gratin potato	Spaghetti olive oli	Tomato & basil pasta	Baked sweet potato	Pumpkin Rice
	Roasted cajun cauliflower	Garlic bread	Cabbage cream mash	Sauté green bean	Grilled cherry tomato & onion
	Poached broccoli	Baked tomato wedge	Sauteed celery & sweet corn	Steamed corn cob	Baked mix mushroom
BeVital (vegan)	Stir-fried Tofu & garden vegetable	Italian vegetable stew	Lentils curry	Bean curd lasagne	Breaded hummus patty
	Steamed rice w/ sweet potato	Vegetable couscous	Roti	Baked sweet potato	Pumpkin Rice
	Sauteed spinach w/garlic	Cumin baked potato slices	Crispy Tofu	Sauté green bean	Baked mix mushroom
	Poached broccoli	Baked tomato wedge	Sauteed celery & sweet corn	Steamed corn cob	Mixed lettuce with cucumber



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BeGlobal	Beef & red bean chili con carne	Roasted spring chicken	German style roasted pork knuckle	Braised Bulgogi	Grilled fish
	Cilantro & sweet corn rice	Sauteed potato	Cheese gratin potato mash	BiBibam	Parsley potato
	Baked Taco chips	Grilled Apple wedge	Red sauerkraut w/raisins	Mixed vegetables	Stuffed tomato w/cream corn
	Mexican tomato & cucumber salsa	Garden green salad	Poached broccoli & carrot	Kimchi & pickle	Snow Pea
	Ground cheese	Demi sauce	Mustard pork gravy	Sweet chili sauce	Hollandaise sauce



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Bowl	Breaded chicken chop & curry topping rice	Chinese Vinegar Pork Topping Rice	Black pepper beef Topping Rice	Taiwan pork stew topping rice	Grilled Chicken with Lemongrass Topping Rice
Noodle Bar	Japanese B.B.Q pork Udon	Shanghai noodle soup w/pork chop	Vermicelli duck soup & vegetable	Big pot chicken,asian green noodle	Boiled pork dumpling
	B.B.Q black mushroom Udon	Vegetarian Chicken, Poached Egg & Chinese Green Noodle	Vermicelli vegetable soup & egg	Big pot potato,asian green noodle	Boiled vegan dumpling
Street	Pizza pepperoni	Chicken & cheese Chimichaga	Home made pork & egg burger	Pizza fajita	Cumin beef fajita
	Pizza double cheese	Vegetable spring roll	Home made vegan mix bean burger	Pizza double cheese	Skewer veggies
	Buffale sweet potato fries	Pan-fried mini pork bun	French fries	Fried green rice	Gratin bacon cheese mash
Simply to Go (Special of the day)	Smoked salmon wraps	Smoked beef, cheddar cheese & sauerkraut sandwich	Chicken grilled, coleslaw & cheese cream bagel	Spanish omelette sandwich	Traditional CLT sandwich

