

SHANGHAI AMERICAN SCHOOL

Puxi	Monday	Tuesday	Wednesday	Thursday	Friday
Date:	2019.02.25	2019.02.26	2019.02.27	2019.02.28	2019.03.01
BeAsian	Braised Pork with Dry Tofu	Sliced Beef with Mixed Mushroom	Shanghai Style Marinated Duck	JiangBao Pork	Korean Chicken Roast
	Mixed Vegetable with Mushroom	Curry Potato	Fried Egg w/Tomato	Steamed Tofu Roll	Vermicelli
	Steamed Rice & Black Rice	Coconut Rice & Steamed Rice	Steamed Rice & Black Rice	Steamed Rice & Black Rice	Steamed Rice & Black Rice
	Chinese Cabbage	Poached Broccoli	Sautéed Zucchini w/Dried Chili	Sauteed Asian Green	YouMaiCai
Dim Sum	Health Root Vegetables	Health Root Vegetables	Health Root Vegetables	Health Root Vegetables	Health Root Vegetables
	Steamed Big Meat Bun	Steamed Creamy Custard Bun	Steamed Buns	Steamed BBQ Pork Bun	Steamed Dumpling
Soup	Beef Curry & Rice Noodle Soup	Duck & Bamboo Shoot Soup	Loofah Clear Soup	Beef Ball Soup	Meat Ball & Cabbage Soup
	Cream of Tomato Soup	Cream of Sweet Corn Soup	Russian Soup	Cream of Mushroom Soup	Cream of Pumpkin Soup



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BeVital	Roasted Chicken w/Barbecue Sauce	Fish Marrinara	Grilled Pork Chop	Bolognese	Pan-fried Duck Breast
	Baked Potato w/Parsley	Linguine	Potato Rosti	Spaghetti	Fried Rice w/Corn
	Poached Broccoli	Celery & Sweet Corn	Grilled Tomato w/Herbs	Garlic Bread	Broccoli & Cherry Tomato
	Spinach Salad	Garlic Bread	Broccoli & Carrot	Couscous Salad	Stir-fried Pepper, Mushroom & Onion
BeVital (vegetarian)	Duck Tofu Teriyaki	Basil Olive Oil Tomato Sauce	Red Beans Burger	Veggie Curry w/Steamed Rice	Spanish Vegan Stew Lentils with Vegetables
	Potato Noodles with Vegetables	Linguine	Roasted Sweet Potato with Rosemary & Cumin	Indian Pancake	Steam Rice
	Roasted Green Zucchini Slices	Celery & Sweet Corn	Sauté Onion & Mix Peppers	Curry Sauce	Saute Cauliflower
	Stir-fried Spinach	Sweet & Sour Red Cabbage	Braised White Cabbage with Raisin	Couscous Salad	Broccoli



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BeGlobal	Roasted Pork	Peking Duck	Grilled Fish Roll Stuffed w/Spinach & Cheese	Roasted Buffalo Chicken Leg	Roasted Pork
	Sauteed Potato w/Pepper	Chinese Wrap	Spaghetti w/Red Pesto	Roasted Pumpkin	Mushroom Risotto
	Grilled Tomato w/Herbs	Peking Style Sliced Pork	Broccoli & Carrot	Corn on Cob	Sauteed Green Beans
	Fresh-Cooked Broccoli, Cauliflower, Carrot	Mixed Vegetable	Fresh Lemon Wedge	Garden Salad	Onion Tart
	Side w/Honey Mustard	Side w/ Bean Sauce	Side w/Hollandaise Sauce	Side w/Salad Dressing & Tomato Salsa	Side w/Gravy



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Bowl	Egg Fried Rice with Chicken Skewer	Pork Chop with Onoin Suace Topping Rice	Green Vegetable Rice Top w/Meat Ball	Nasi Goring Top w/Egg Sunny Side Up	Beef Lasagne
					Vegetable Lasagne
Noddle Bar	WuDong Noodle Soup	Big Pot Chicken,Asian Green,Noodle	Curry Beef Noodle/Oyster Mushroom & Tofu Noodle	Minced Pork with Tofu Skin Soup w/Chinese Greens	Dumplings w/Hot & Sour Soup
Streat	Mexican Fajita	Bacon & Cheese Mash	Burrito	Big Mouth Chicken Burger	Whole-wheat Salami Pizza
	Hot Dog Amsterdam	Pan-fried Dumpling	Whole-wheat Salami Pizza	American Fries	Whole-wheat Cheese Pizza
	Fried Rice w/ Mixed Vegetable	Roasted Chicken Drumstick	Pizza Fajita	Shanghai Style Fried Noodle	Deep-fried Fish w/Banana
Simply to Go (Special of the day)	Cumin Chicken Pita Bread (Served w.Chilli Dips & Cheese Dressing)	Smoked Salmon Wrap (Served w. French Dresing,Avocado)	Grilled Ruben Sandwich (Stuffing w /Smoked Beef, Cheddar Cheese, Sauerkraut)	Salami & Cheese Croissants	Caesar Bagel (Staffed w. Grilled Chicken Caesar Salad, Cream Cheese Dips)

