

波士顿彩虹桥幼儿园午餐菜单

BRB WEEKLY LUNCH MENU



Category	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	Braised Beef w. Potato 土豆炖牛肉	Salted and Pepper Pork Ribs 椒盐排骨	Stewed Beef w. Carrots 胡萝卜炖牛肉	Eggplant w. Tender Pork 茄子烧肉段	Pizza & Yogurt
	Dried Tofu w. Pork Belly 豆干炒回锅肉	Chicken Dice Celery 芹菜炒鸡丁	Chicken Dice w. cucumber 黄瓜炒鸡丁	General Tso's Chicken 左宗棠鸡	
	Sautéed Broccoli 清炒西蓝花	Sautéed Cauliflower 清炒白花菜	Stir Fried Cabbage 干锅手撕包菜	Sautéed Bok Choy 清炒上海青	
	White Rice 米饭	White Rice 米饭	White Rice 米饭	White Rice 米饭	
Drink	Milk and Water	Milk and Water	Milk and Water	Milk and Water	Milk and Water
Fruits	Fresh & Seasonal	Fresh & Seasonal	Fresh & Seasonal	Fresh & Seasonal	Fresh & Seasonal