

Masako Curry House--XIS Menu Mar01~Apr16

Item	Monday	Tuesday	Wednesday
	Curry Day	Comprehensive Day	Hamburger Day
	1-Mar	2-Mar	3-Mar
Salad Bar	cucumber and konjac salad, Potat tuna salad , cucumber, tomato, corn, lettuce	Lettuce with bacon and cham salad, kimchi, cucumber, tomato, corn, lettuce	Meat and vegetable salad, Lettuce with bacon and potato, cucumber, tomato, corn, lettuce
Main Dish	rice with curry, spaghettiwith garli	fried WO dong noodle with meat and vegetable, cheese pizza	rice, chicken hamburger
Side Dish	baked fish fillet in French style, braised pork in ginger sauce, chicken in black bean sauce, stewed wild rice shoots in brown sauce	Sweet & sour spareib, Stir-fried diced chicken with peanuts and vegetables, stewed vegetables in french style, fried egg with leek shoot and shimp,	Meat ball with meat sauce, chicken with pineapple, beef in black peper, plain-frying vegetable
Buffet Dish	deep-fried steamed-bread, scallion pork, French fries	Deep-fried seafood cracker, Deep-fried sping roll, fish with pepper and pear	cherry fish, french fries, Deep-fried meat and vegetable roll
Dessert	cake, fruits	cake, fruits	cake, fruits
	8-Mar	9-Mar	10-Mar
Salad Bar	egg and apple salad, marinated cold bean pasty, cucumber, tomato, corn, lettuce	potato salad, vegetable salad, cucumber, tomato, corn, lettuce	chicken salad, vegetable and meat salad, cucumber, tomato, corn, lettuce
Main Dish	rice and curry, spaghettiwith garli	cheese pizza, fried rice with leaf mustard	rice, chicken hamburger
Side Dish	sweet & sour sparerib, stewed seatood and tofu,preserved sweet potato & pork, vegetable	cantouese barbecued pork, stir-pig tripe slices with bean paste, steamed egg custurd with scallop, vegetable	braised port, beef with vallina in french style, stir-fried squid, vegetable
Buffet Dish	crispy chicken wing, cmtonese spring roll, com cob with Cuminum	deep-fried pork chop, roast potato, masako roast chicken wing	french fries, chicken unget, fish fillet in Thai style
Dessert	cake, fruits	cake, fruits	cake, fruits
	15/Mar	16/Mar	17/Mar
Salad Bar	marinated jelly fish, cauliflower salad, cucumber, tomato, lettuce, corn	tuna sald, chicken & apple salad, cucumber, tomato, corn, lettuce	potato salad, vegetable salad, cucumber, tomato, corn, lettuce
Main Dish	rice with curry, spaghettiwith garli	fried rice with corn , cheese pizza	rice, chicken hamburger
Side Dish	Stir-fried squid in XO sauce, chicken in black bean sauce, preserved bamboo shoot & pork, vegetable	stewed pork in Mexican style, satay beef, specially cooked fish style, fried black fungus and bamboo shoots	hongkong roast pork, stewed beef in brown sauce, fish chop, vegetable
Buffet Dish	deep-fried steamed-bread, scallion pork, French fries	chicken nugget, deep-fried onion rings, grilled sausage	shrimp ball with shredded potato, potato, deep-fried chicken cartiage
Dessert	cake, fruits	cake, fruits	cake, fruits
	22/Mar	23/Mar	24/Mar
Salad Bar	marinated cucumber, potato salad, Cucumber, tomato, lettuce, corn	tuna salad, lightly pickled vegetables, tomato, lettuce, cabbage, corn	marinated jelly sish, cauliflower salad, Cucumber, tomato, lettuce, cabbage, corn, onion
Main Dish	rice and curry, spaghettiwith garli	cheese pizza, fried rice with vegetable and pine nut	rice, chicken hamburger
Side Dish	stir-fried squid in oyster sauce, fried chicken and mushrooms, preserved bamboo shoot & pork , broccoli in abalone sauce	sparerib in sweet sauce, stewed beef with bamboo shoot, chicken slice with sweet and spicy sauce, plain-frying vegetable	stewed beef with potato, sauteed pork, shrimp in abalone sauce, chinese watermelon in brown sauce
Buffet Dish	chicken nugget, deep-fried potato cake, pork chop with apple	deep-fried wonton, deep-fried squid tendril, pork shashlik	sesame fish chop , deep-fride steamed-bread, french fries
Dessert	cake, fruits	cake, fruits	cake, fruits
	29/Mar	30/Mar	31/Mar
Salad Bar	Cucumber, tomato, lettuce, corn, konjac salad, potato with beacon	Cucumber, tomato, onion, cabbage, lettuce with bacon,	Cucumber, tomato, onion, lettuce, kelp, cauliflower salad
Main Dish	beef curry rice, spaghettiwith garh	fried rice in Yangzhou style, cheese pizza	rice, chicken hamburger
Side Dish	Meat sauce, black pepper inabalone sauce, sweet & sour sparerib, vegetable	japanese toufu in brown sauce, sparer, srir-fried diced chicken with peanuts and vegetable, vegetable	meat ball with meat sauce, pork and pickle with fish flavour, carrot
Buffet Dish	com cob with Cuminum, grilled sausage, french fries	sweet vegetalbes tenpura, chicken nugget	deep-fried chicken cartiage, pork shashlik, deep-fried sping roll
Dessert	cake, fruits	cake, fruits	cake, fruits
	12/Apr	13/Apr	14/Apr
Salad Bar	Marinated jelly fish, caulifower salad, Cucumber, tomato, lettuce, corn	potato with beacon, kimchi, cucumber, Ctomato, lettuce, corn	corn & cmoschata salad, egg salad, corn, tomato, lettuce, cucumber
Main Dish	rice with curry, spaghettiwith garli	fried rice with hongkong roast pork, cheese pizza	rice, chicken hamburger
Side Dish	Beef in black peper, chicken wing in brown sauce, cantonese pork, vegetable	duck fillet with black pepper, pork and picklewith fish flavour, beef in oyster sauce, chinese watermelon in brown sauce	fried bean sprout with vegetable, preserved vegetable & pork, fish slices inabalone sauce, vegetable
Buffet Dish	shrimp dumpling, eel with pepper and salt, deep-fried chicken cartiage	shrimp ball with shredded potato, deep-fried potato cake, pork shashlik	deep-fried chicken cartiage, deep-fried onion rings, sweet vegetables tenpura
Dessert	cake, fruits	cake, fruits	cake, fruits

Masako Curry House--XIS Menu (AVG17~ SEP25)

Item	Thursday	Friday
	Curry Day	Muslim Day
	<i>4-Mar</i>	<i>5-Mar</i>
Salad Bar	Marinated tofu, Apple & celery salad, cucumber, tomato, corn, lettuce	Grilled sausage salad, vegetable salad, cucumber, tomato, corn, lettuce
Main Dish	rice and curry, with cream and vegetable	cheese pizza, Fried rice with salmon
Side Dish	satay beef, sweet and sour fish in Malaysian style, Masako roast chicken wing, Chinese watermelon in brown sauce	sparerib in sweet sauce, tofu with minced meat, sausage and pork fillet, vegetable
Buffet Dish	grilled sausage, Deep Fried chicken Nugget, deep-fried pork chop	deep-fried squid tendril, deep-fried chicken cartilage, french fries
Dessert	cake, fruits	cake, fruits
	<i>11-Mar</i>	<i>12-Mar</i>
Salad Bar	kimchi, potato with bacon, cucumber, tomato, corn, lettuce,	pitaya salad, mushroom & tofu salad, cucumber, tomato, corn, lettuce, cabbage, bean sprout
Main Dish	rice with meat sauce, ham & egg sandwich	Fried rice with fish, cheese pizza
Side Dish	meat ball with meat sauce, stewed pork with bean curd sheets, duck slice with sweet and spicy sauce, vegetable	braised beef in Japanese style, sauteed tofu with spicy sauce, deep-fried mushroom with pepper and salt sauce, roast chicken
Buffet Dish	fish with curry sauce, deep-fried seafood cracker, sparerib with Garlic	french fried, deep-fried wonton, chicken shashlik
Dessert	cake, fruits	cake, fruits
	<i>18-Mar</i>	<i>19-Mar</i>
Salad Bar	bacon salad, Marinated cold bean paste, cucumber, tomato, corn, lettuce	egg salad, kelp, cucumber, tomato, corn, lettuce
Main Dish	curry rice, spaghetti with cream and vegetable	cheese pizza, fried rice with beef and green pepper
Side Dish	stewed pork hand with chestnut, fried chicken with vegetable, fried egg with tomato, Masako roast chicken wing	braised beef in Japanese style, squid with kimchi, steamed chicken with mushroom, stewed vegetables
Buffet Dish	grilled sausage, deep-fried squid tendril, chicken shashlik	deep-fried steamed bread, deep-fried wonton, fish fillet with cereals
Dessert	cake, fruits	cake, fruits
	<i>25-Mar</i>	<i>26-Mar</i>
Salad Bar	fruits & seafood salad, kimchi, cucumber, tomato, corn, lettuce,	allgemeine vegetable salad, shrimp & kiwifruit salad, cucumber, tomato, corn, lettuce
Main Dish	rice with curry, noodles with beef sauce	cheese pizza, fried rice with Thai style
Side Dish	stewed chicken with three cups sauce, braised beef in spicy sauce, sparerib, vegetable	fried beef with green pepper, stewed chicken with green garlic in German style, fried fish with celery and lily, vegetable
Buffet Dish	beef shashlik, crispy chicken, deep-fried chicken cartilage	shrimp ball with shredded potato, french fries, roast potato
Dessert	cake, fruits	cake, fruits
	<i>1/Apr</i>	<i>2/Apr</i>
Salad Bar	Cucumber, tomato, corn, lettuce, kimchi,	cucumber, tomato, corn, lettuce, apple salad, pasta salad
Main Dish	fried rice with curry, potato & runa sandwich	fried rice with seafood in XO sauce, cheese pizza
Side Dish	braised pork in Korean style, duck filler with black pepper, vegetable	sweet fried pork, chicken slice with sweet and spicy sauce, stewed pork with bamboo shoots, vegetable
Buffet Dish	french fries, chicken nugget, fish with pepper and salt	crispy meat ball, pork shashlik, turnip strips cake
Dessert	cake, fruits	cake, fruits
	<i>15/Apr</i>	<i>16/Apr</i>
Salad Bar	fruits salad, kimchi, cucumber, tomato, corn, lettuce	Marinated cold bean paste, beef, cucumber, tomato, corn, lettuce
Main Dish	curry rice, spaghetti with beef	Fried rice in Yangzhou style, pizza
Side Dish	pork in brown sauce, steamed squid with tofu, fried chicken, fried black fungus and bamboo shoots	steamed fish fillet with black bean sauce, sauteed tofu with spicy sauce, braised beef, vegetable
Buffet Dish	deep-fried potato cake, scallion pork, roast potato	chicken shashlik, chicken nugget, french fries
Dessert	cake, fruits	cake, fruits

厦门国际学校学生午餐 菜单 (2010年03月01日——2010年04月16日)

项目	一	二	三	四	五
餐食类别	(咖喱日)	(综合日)	(汉堡日)	(咖喱日)	(清真日)
	3/1/2010	3/2/2010	3/3/2010	3/4/2010	3/5/2010
沙拉吧	黄瓜拌魔芋、土豆吞拿鱼、青瓜、珍珠柿、玉米粒、西生菜	泡菜、生菜火腿沙拉、青瓜、珍珠柿、玉米粒、西生菜	烟肉土豆沙拉、日式拦三丝、青瓜、珍珠柿、玉米粒、西生菜	果蔬沙拉、凉拌腐竹、青瓜、珍珠柿、玉米粒、西生菜	烤香肠沙拉、田园沙拉、青瓜、珍珠柿、玉米、西生菜
主食	白米饭配咖喱、蕃茄肉酱意面	三鲜炒乌冬、乳酪比萨	白米饭、鸡腿汉堡	白米饭配咖喱、三鲜炒面	乳酪比萨、日式鲑鱼炒饭
副食	法式焗鱼排、姜汁猪肉烧、鼓汁鸡、蒜香茭白笋	糖醋排骨、宫保鸡丁、法式焗鲜蔬、韭黄虾仁炒蛋	贡丸卤肉燥、照烧鸡排、黑椒牛柳粒、清炒菜胆、	沙茶牛肉、马来式酸甜鱼、烤鸡翅、素烧冬瓜	蜜制小排、焗肉末豆腐夹、腊肠酿猪排、清炒时蔬
布菲热菜	黄金馒头、京葱猪肉卷、薯条	龙虾片、广式春卷、椒盐鱼条	樱桃鱼、笑脸薯、海鲜可仁酥饼	金黑椒香肠、炸鸡块、炸猪排	黄金骨、炸鱿鱼须、炸薯条
甜点	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款
	3/8/2010	3/9/2010	3/10/2010	3/11/2010	3/12/2010
沙拉吧	鸡蛋苹果沙拉、拌凉粉、珍珠柿、玉米、西生菜、青瓜	土豆沙拉、什锦田园沙拉、青瓜、珍珠柿、玉米、西生菜	鸡肉沙拉、三丝豆皮、青瓜、珍珠柿、玉米、西生菜	泡菜、烟肉土豆、青瓜、珍珠柿、玉米、西生菜	凉拌黄瓜、花菜沙拉、青瓜、珍珠柿、玉米、西生菜
主食	白米饭配咖喱、蕃茄肉酱意面	芥菜炒饭、乳酪比萨	白米饭、鸡腿汉堡	白米饭配香菇肉燥、火腿蛋三明治	乳酪比萨、日式鲑鱼炒饭
副食	糖醋排骨、海鲜焗豆腐、香芋扣肉、荷塘小炒	广式叉烧、酱爆肚丝、干贝蒸蛋、蒜香菜胆	润烧冬坡肉、法式香菜牛柳、小瓜爆鱿鱼、红焖南瓜	贡丸 / 卤豆腐、百叶结烧肉、山贼汁鸭排、综合时蔬	烧汁牛肉、麻辣豆腐、椒盐茶树菇、照烧鸡排
布菲热菜	香酥鸡翅、广式春卷、孜然玉米棒	炸猪排、烤土豆块、雅子烤翅	炸薯条、麻辣鸡块、泰式鱼柳	咖喱鱼柳、龙虾片、蒜香排骨	三角薯、炸云吞、骨肉相连
甜点	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款
	3/15/2010	3/16/2010	3/17/2010	3/18/2010	3/19/2010
沙拉吧	凉拌海哲、花菜沙拉、青瓜、珍珠柿、西生菜、玉米粒	吞拿鱼沙拉、苹果鸡肉沙拉、青瓜、珍珠柿、玉米粒、西生菜	土豆沙拉、田园沙拉、青瓜、珍珠柿、玉米粒、西生菜	培根沙拉、凉拌粉皮、青瓜、珍珠柿、玉米粒、西生菜	鸡蛋沙拉、拌海带、青瓜、珍珠柿、玉米粒、西生菜
主食	白米饭配咖喱、蕃茄肉酱意面	松仁玉米炒饭、乳酪比萨	白米饭、鸡排汉堡	白米饭配咖喱、奶油蔬菜意面	乳酪比萨、青椒牛柳炒饭炒饭
副食	XO酱鱿鱼、鼓油鸡、笋干扣肉、上汤时蔬	墨西哥炖肉、沙茶牛柳、蜜制鱼段、云耳炒笋片	港式叉烧、红焖牛腩、咖喱鱼条、上汤时蔬	板栗烧猪手、五彩鸡丝、西红柿炒蛋、雅子烤翅	日式烧牛肉、泡菜鱿鱼、冬菇蒸鸡、红烧大白菜
布菲热菜	黄金馒头、香蕉猪排卷、薯条	炸鸡块、洋葱圈、烤香肠	金丝虾球、焗薯块、酥炸掌中宝	黑椒肠、炸鱿鱼须、骨肉连心串烧	黄金馒头、炸扁食、燕麦片鱼排
甜点	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款
	3/22/2010	3/23/2010	3/24/2010	3/25/2010	3/26/2010
沙拉吧	凉拌黄瓜、薯块沙拉、青瓜、珍珠柿、玉米粒、西生菜	吞拿鱼沙拉、浅腌三脆、青瓜、珍珠柿、玉米、西生菜	花菜沙拉、凉拌海哲、青瓜、珍珠柿、玉米、西生菜	鲜果海鲜沙拉、泡菜、青瓜、珍珠柿、玉米、西生菜	奇异果鲜虾沙拉、三丝凉拌、青瓜、珍珠柿、玉米、西生菜
主食	白米饭配咖喱、蕃茄肉酱意面	乳酪比萨、菜脯松仁炒饭	白米饭、鸡排汉堡	白米饭配咖喱、牛肉炸酱意粉	乳酪比萨、泰式炒饭
副食	蚝油鱿鱼卷、香菇滑鸡、笋干扣肉、鲍汁西兰花	蜜汁小排、竹笋牛肉、山贼汁鸡排、蒜香菜胆	牛肉土豆煮、京都烧肉、鲍汁虾仁、素烧冬瓜	三杯鸡、辣味炖牛肉、椒盐肋排、蒜香包菜	青椒牛肉丝、德式香蒜焗鸡焗鸡肉、西芹百合溜鱼片、红烧白菜
布菲热菜	蒜香鸡块、笑脸薯、苹果猪排	炸云吞、香酥鱿鱼丝、美味猪肉串	芝麻鱼条、黄金馒头、薯条	沙茶肉串、香酥鸡柳、黄金骨	金丝虾球、炸薯条、烤土豆块
甜点	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款
	3/29/2010	3/30/2010	3/31/2010	4/1/2010	4/2/2010
沙拉吧	青瓜、珍珠柿、西生菜、玉米、魔芋沙拉、烟肉土豆	青瓜、珍珠柿、玉米、西生菜、生菜火腿沙拉、三丝豆皮	青瓜、珍珠柿、玉米、西生菜、玉米粒沙拉、花菜沙拉	青瓜、珍珠柿、玉米、西生菜、泡菜、火龙果沙拉	青瓜、珍珠柿、玉米、西生菜、苹果沙拉、意式螺丝粉沙律
主食	牛肉咖喱配米饭、番茄肉酱意面	扬州炒饭、火腿蛋三明治	白米饭、鸡腿汉堡	咖喱配米饭、土豆吞拿鱼三明治	XO酱海鲜炒饭、乳酪比萨
副食	台湾卤肉、鲍汁鸭块、糖醋排骨、蚝油时蔬	红烧日本豆腐、蒜香助排、宫保鸡丁、蒜香菜胆	贡丸卤肉燥、黑椒猪手、鱼香肉丝、蒜香菌菇	韩风烧肉、黑椒汁鸭排、海带结烧肉、上汤时蔬	锅包肉、山贼酱鸡排、竹笋烧肉、蒜香菜胆
布菲热菜	孜然玉米棒、烤香肠、炸薯条	蔬菜天妇罗、腐皮笋卷、炸鸡块	黄金骨、美味肉串、炸春卷	三角薯、唐扬鸡块、椒盐鱼条	香酥狮子头、美味肉串、萝卜丝饼
甜点	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款
	4/12/2010	4/13/2010	4/14/2010	4/15/2010	4/16/2010
沙拉吧	凉拌海蜇、花菜沙拉、青瓜、珍珠柿、西生菜、玉米粒	土豆烟肉沙拉、泡菜、青瓜、珍珠柿、玉米粒、西生菜	南瓜玉米沙拉、鸡蛋沙拉、玉米粒、珍珠柿、青瓜、西生菜	水果沙拉、泡菜、青瓜、珍珠柿、玉米粒、西生菜	凉拌粉皮、卤牛肉、青瓜、珍珠柿、玉米、西生菜
主食	白米饭配咖喱、蕃茄肉酱意面	港式叉烧炒饭、乳酪比萨	白米饭、香脆鸡腿汉堡	白米饭配咖喱、牛肉炸酱意粉	扬州炒饭、乳酪比萨
副食	美味黑椒猪柳、红纹鸡翅根、广式叉烧、上汤时蔬	黑椒鸭胸、鱼香肉丝、蚝油牛肉、红烧冬瓜	蜜汁五花排骨、梅菜扣肉、鲍汁鱼片、凉拌生菜	红烧蹄膀、豆腐蒸鱿鱼、香芒鸡脯、云耳炒笋片	豉椒蒸鱼柳、麻婆豆腐、红烧牛腩、综合时蔬
布菲热菜	美味虾饺、椒盐秀才蟹、黄金骨	金丝虾球、笑脸薯、美味肉串	酥炸掌中宝、炸洋葱圈、炸蔬菜天妇罗	黄金馒头、京葱猪肉卷、焗薯块	骨肉相连、香酥鸡块、炸薯条
甜点	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款	甜品两款, 时令水果两款