

Making every day
a better day

Canadian International School Beijing
Set Menu

sodexo
Making every day a better day

2008.10.06 _____ 2008.10.10

Monday

Western Set Lunch

Pumpkin Soup
BBQ Chicken
Roasted Potato
Zucchini

Asian Set Lunch

Mushroom Soup
Stir fried Beef with
Mixed Bell Peppers
Grilled Dumpling
Cauliflower

Tuesday

Western Set Lunch

Potato Soup
Grilled Pork Chop w/
Tomato Sauce
Garlic Bread
Broccoli

Asian Set Lunch

Korean Dumpling Soup
Fish Filet Teriyaki
Style
Light Fried Egg
Noodles
Baby Cabbage

Wednesday

Western Set Lunch

Wild Mushroom Soup
Lasagne
Spinach
Carrots

Asian Set Lunch

Crab Meat & Corn
Soup
Hainan Chicken
Hainan Ginger Rice
Eggplant w/ Tomato
Bock Choy

Thursday

Western Set Lunch

Vegetable Soup
Tuna Pizza
Roasted Pumpkin
Snow Peas & Bell Pepper

Asian Set Lunch

Mixed Beef Soup
Stir Fried Pork Korean
Style
Glass Noodles
Pea Sprouts

Friday

Western Set Lunch

Onion Soup
Hot Dog
French Fries
Tomatoes Provencal

Asian Set Lunch

Chicken & Bean
Sprouts Soup
Thai Style Sweet &
Sour Duck
Yang Zhou Fried Rice
Mixed Vegetables

Making every day
a better day

Canadian International School Beijing
Set Menu

sodexo
Making every day a better day

2008.10.13 _____ 2008.10.17

Monday

Western Set Lunch

Cream of Tomato Soup
Chicken Picatta w/
Paprika
Grilled Polenta with
Cheese

Jie lan cai

Asian Set Lunch

Fish Soup
Stir-fried Pork with
Basil and Mint
Spring Onion Roti Prata
Carrot

Tuesday

Western Set Lunch

Beef Consommé
Fish Fillet with
Tomato Sauce
Mashed Potatoes
Green Peas

Asian Set Lunch

Hot & Sour Soup
Indonesian Beef Petty
Nasi Goreng
(Indonesian Fried
Rice)
Curry Vegetables

Wednesday

Western Set Lunch

Green Peas Soup
Moroccan Chicken
Couscous
Carrot

Asian Set Lunch

Duck Soup
Lamb Curry
Garlic Naan
Sautéed Broccoli

Thursday

Western Set Lunch

Minestrone
Spaghetti Bolognese
Vegetable Skewer
Spinach

Asian Set Lunch

Miso Soup
Teriyaki Chicken
Shao Mai
(Steamed Rice
Dumplings)
Cabbage

Friday

Western Set Lunch

Broccoli Soup
Roast Pork w/ Rosemary
Lyonnaise Potato
(potatoes with onions
and bacon)
Broccoli

Asian Set Lunch

Salted Pork & Bamboo
Shoot Soup
Stir-fried Beef with
Sesame & Vegetables
Spring Onion Chinese
Pancake
Green Beans With Bell
Peppers

Making every day
a better day

Canadian International School Beijing
Set Menu



Making every day a better day

2008.10.20 _____ 2008.10.24

Monday

Western Set Lunch

Tomato Soup
Cajun Chicken
Roasted Potato
Spinach

Asian Set Lunch

Chicken & Bean Sprout
Soup
Steamed Fish Fillet
with Lemon Sauce
Rice Cake
Mixed Vegetables

Tuesday

Western Set Lunch

Green Peas Soup with
Bacon
Pork Escallop
Mashed Potatoes
Snow Peas & Cherry
Tomato

Asian Set Lunch

Fish Dumpling Soup
Chicken Satay
Singapore Fired Bean
Hoon
(Singapore Fried
Noodles)
Bok Choy & Black
Mushroom

Wednesday

Western Set Lunch

Leek & Potato Soup
Beef w/ Black Pepper
Sauce
Penne with mushrooms
Carrot

Asian Set Lunch

Egg & Salted
Vegetable Soup
Stir Fried Pork with
Bell Peppers
Fried Rice
Cauliflower

Thursday

*Happy
Halloween*

*Happy
Halloween*

*Happy
Halloween*

Friday

Western Set Lunch

Carrot Soup
Chicken Burger
French Fries
Broccoli

Asian Set Lunch

Chicken Clear Soup
Braised Lamb
Malaysian
Char Kway Teow
(Malaysian Fried
Noodles)
Cabbage

Making every day
a better day

Canadian International School Beijing
Set Menu

sodexo
Making every day a better day

2008.10.27-----2008.10.31

Monday

Western Set Lunch

Chicken Consommé
Beef Stroganoff
Potato Gratin
Green Peas

Asian Set Lunch

Pork Rib Soup
Grilled Chicken Japanese
Style
Steamed Rice in Lotus
Leave
Celery with Lily

Tuesday

Western Set Lunch

Cream of Mushroom
Soup
Chicken Nuggets
Grilled Polenta
Ratatouille

Asian Set Lunch

Beef & Radish Soup
Stir Fried Duck Korean
Style
Spring Onion Pancake
Chinese Broccoli

Wednesday

Western Set Lunch

Vegetable Soup
Pan-fried Pork Piccata
w/ Tomato Sauce
Mashed Potato
Grilled Mixed
Vegetables

Asian Set Lunch

Minced Beef Soup
Steamed Fish Fillet w/
Maggi Sauce & Spring
Onion
Light Fried Angel Hair
Noodles
Lettuce Root

Thursday

Western Set Lunch

Pumpkin Soup
Mexican Fajita
Corn on Cob
Carrot

Asian Set Lunch

Salted Pork with
Winter Melon Soup
Sweet & Sour Pork w/
Pineapple
Vegetables Dim Sum
Sautéed Bok Choy w/
Garlic

Friday

Western Set Lunch

Lentil Soup
Hot Dog
Baked Potato Wedge
Tomato Provencal

Asian Set Lunch

Pork Rib w/ Yellow
Bean Soup
Vietnamese Egg Roll
Fried Rice
Cabbage