

Libby's Kitchen Menu (Sep. 2019 / 2019年9月)

School : _____

Student: _____

Total Meal : _____

Parent's Contact: _____

Total Amt : _____

		Mon. 2	Tue. 3	Wed. 4	Thur. 5	Fri. 6
Week 1	A	Holiday	A Spaghetti w/Meatsauce 番茄肉酱意面	A BBQ Pork w/Rice 叉烧饭	A Teriyaki Chicken 照烧鸡	A Stir Fried Pork&Veggies 鱼香肉丝
	B		B Cheese Chicken Wrap 鸡肉卷	B Braised Mushroom & Beancurd 香菇烧腐竹	B Mushroom & Cream Pasta 蘑菇奶油意面	B Braised Tofu 红烧豆腐
	C		C Cheese Stick Wrap 芝士卷	C Tuna & Corn Sandwich 吞拿鱼玉米三明治	C Sweet&Sour Pork 咕佬肉	C Ham Fried Rice 扬州炒饭
	D		D Chicken Fried Rice 鸡肉炒饭	D Chicken Fried Noodles 鸡肉炒面	D Thai Chicken Fried Rice 泰式鸡肉菠萝炒饭	D Spaghetti w/Meatsauce 番茄肉酱意面
		Mon. 9	Tue. 10	Wed. 11	Thur. 12	Fri. 13
Week 2	A	A Stir Fried Chicken 酱爆鸡丁	A Riceball w/ Shreded Pork 海苔肉松饭团	A Grill Chicken Leg (Boned) 香焗鸡腿 (带骨)	A Korean Beef Bibimbap 韩式牛肉拌饭	A Pork Chop in Tomato Sauce 茄汁猪扒
	B	B Scrambled Egg w/ Tomato 番茄炒蛋	B Vegetable Rice Ball 海苔蔬菜饭团	B Sweet&Sour Egg 糖醋虎皮蛋	B Vegetable Bibimbap 韩式蔬菜拌饭	B Chick Peas in Tomato Sauce 茄汁鹰嘴豆
	C	C Ham Fried Rice 扬州炒饭	C Spaghetti w/ Meat sauce 番茄肉酱意面	C Egg&Potato Salad 鸡蛋土豆沙拉	C Spaghetti w/ Meat sauce 番茄肉酱意面	C Ham Fried Rice 扬州炒饭
	D	D Beef Fried Noodles 牛肉炒面	D Chicken Fried Noodle 鸡肉炒面	D Beef Fried Rice 牛肉炒饭	D Chicken Fried Rice 鸡肉炒饭	D Tuna & Corn Sandwich 吞拿鱼玉米三明治
		Mon. 16	Tue. 17	Wed. 18	Thur. 19	Fri. 20
Week 3	A	A Beef Taco 墨西哥牛肉卷	A Braised Chicken (Boneless) 台式三杯鸡	A Braised Chicken 卤香鸡腿	A Butter Chicken 奶油咖喱鸡	A Bacon Mac & Cheese 培根芝士通心粉
	B	B Vegetarian Taco 墨西哥素卷	B Braised Mushroom 三杯蘑菇	B Braised Boiled Egg 卤香鸡蛋	B Pumpkin Tofu 奶油南瓜豆腐	B Mac&Cheese 芝士通心粉
	C	C Sweet&Sour Pork 咕佬肉	C Mushroom Bacon Pasta 蘑菇培根奶油意面	C Egg&Potato Salad 鸡蛋土豆沙拉	C Spaghetti w/ Meat sauce 番茄肉酱意面	C Ham Fried Rice 扬州炒饭
	D	D Thai Chicken Fried Rice 泰式鸡肉菠萝炒饭	D Spaghetti w/ Meat sauce 番茄肉酱意面	D Spaghetti w/Meatsauce 番茄肉酱意面	D Beef Fried Rice 牛肉炒饭	D Sweet & Sour Meatball 糖醋丸子
		Mon. 23	Tue. 24	Wed. 25	Thur. 26	Fri. 27
Week 4	A	A Chicken Tender & Salad 麦香鸡柳条&沙拉	A Stir Fried Pork & Corn 肉末炒玉米	A Tuna Seaweed Rice Ball 海苔吞拿鱼饭团	A Stir Fried Chicken 酱爆鸡丁	A Spaghetti w/ Meat Ball 番茄牛肉丸子意面
	B	B Braised Egg 香卤鸡蛋	B Teriyaki Tofu 照烧豆腐	B Vegetable Rice Ball 海苔蔬菜饭团	B Teriyaki Tofu 照烧豆腐	B Vege-Spaghetti w/ green soy bean 番茄意面&拌毛豆
	C	C Mushroom & Bacon Pasta 蘑菇培根奶油意粉	C Tuna & Corn Sandwich 吞拿鱼玉米三明治	C Spaghetti w/ Meat sauce 番茄肉酱意面	C Ham Fried Rice 扬州炒饭	C Ham Fried Rice 扬州炒饭
	D	D Thai Chicken Fried Rice 泰式鸡肉菠萝炒饭	D Beef Japanese Fried Noodles 牛肉日式炒面	D Teriyaki Chicken 照烧鸡	D Beef Taco 墨西哥牛肉卷	D Tuna & Corn Sandwich 吞拿鱼玉米三明治
		Mon. 30				
Week 5	A	A Japanese Curry Chicken 日式咖喱鸡		A	A	A
	B	B Japanese Curry Veggies 日式咖喱蔬菜		B	B	B
	C	C Spaghetti w/ Meat sauce 番茄肉酱意面		C	C	C
	D	D Ham Fried Rice 扬州炒饭		D	D	D

Lunch served with seasonal vegetable and rice (except for noodle & fried rice item)



Libby's Kitchen locates at 1101# 11871 Horseshoe Way, Richmond BC. We are dedicating in making lunch box packed with freshly made hot lunch for daycare, elementary and secondary school students. We believe that a good hot lunch program not only provides delicious meal to students, but also reduce parent's effort in making and delivering lunch every day. An efficient hot lunch program could also lower traffic on campus during lunchtime.

Our menu is carefully designed in compliance with The Guidelines for Food and Beverage Sales in BC & School Meal and School Nutrition Program Handbook to ensure nutrients intake and food variation.

It usually contains two hot dishes with rice, a fruit cup or a snack. We use materials from Sysco, quality single-used lunch box, and biodegradable forks and spoons. Our hot lunch is MSG and Nuts Free. Libby's chefs have over 30 years of experience in the industry.

Libby's Hot Lunch Registration Form

Please fill out this form and return to your school with payment (See the back page). **Please check or circle on the item.** We also accept electronic submission to libbykitchen@outlook.com. Our kitchen does process seafood, meat, and egg. Please notify us any food allergies of your kid prior to ordering. The school and Libby's Kitchen are not responsible for any allergic reaction that the hot lunch may cause. Food safety is always our priority.

Allergies: **Yes, Please specify** _____ **No**

Cancellation:

Please kindly notify us if there is any cancellation through email or phone. Changes or cancellation of lunches must be received by Libby's Kitchen by *3pm the day before delivery*. Parents are responsible for notifying us if your child will be away due to sickness or school activities. Paid amount will be credited to next order.

Payment Information: Cash Only

Libby's Note:

We aim to provide fresh and seasonal food. Libby's Kitchen reserves the right to substitute certain ingredient

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