

Lunch Menu					
Classification	Monday 4th (Nov)	Tuesday 5th (Nov)	Wednesday 6th (Nov)	Thursday 7th (Nov)	Friday 8th (Nov)
Western Dish 西餐美食	Braised Beef with Goulash Sauce 红烩牛肉	Braised Chicken with Gravy 红烩蘑菇鸡块	Fried Chicken 香炸鸡柳	Roasted Chicken Leg with Herb 香草烤鸡腿	Roasted Pork with Orleans Style 奥尔良烤猪柳
Portato 土豆	Fried Potato Cube with Onion 洋葱炒土豆丁	Stir Fried Potato Dice with Onion 什香草炒土豆丁	Slice Potato 清炒土豆丝	Natural Cut Potatoes 香炒狼牙土豆	Natural Cut Potatoes 焗香草土豆丁
Chinese Dish 中餐美食	Roasted Pork Chinese Style 粤式叉烧猪柳	Stir Fried Mince Pork with Long Bean 肉沫炒豇豆	Braise Pork with Rice Noodle 猪肉炖粉条	Stir Fried Duck with Onion and Pepper 京葱爆鸭片	Steamed Fish with Soy Sauce 中式蒸鱼
Coarese Food Grain 粗粮	Roasted Sweet Potato 烤红薯	Steamed Pumpkin 蒸南瓜	Steamed Sweet Potato 蒸红薯	Steamed Corn 蒸玉米	Roasted Sweet Potato 烤红薯
Pasta 意大利面食	3 kinds of Pasta 3种意大利面食 (意大利面、空心粉、螺丝面)	3 Kinds of Pasta 3种意大利面食 (意大利面、空心粉、菠菜面)	3 Kinds of Pasta 3种意大利面食 (意大利面、蝴蝶面、斜切面)	3 Kinds of Pasta 3种意大利面食 (意大利面、小弯通面、贝壳面)	3 kinds Pasta 3种意大利面食(意大利面、螺丝面、菠菜面)
Main Food 主食	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭
Vegetable 蔬菜	Vegetable 玉米粒菜心	Vegetable 炆炒圆白菜	Vegetable 清炒西兰花	Vegetable 黑木耳菜胆	Vegetable 香菇小油菜
Fast Food 快餐美食	Steamed Chicken with Bamboo 冬笋、黄花菜、香菇蒸鸡	Steamed Fish with Fish Sauce 清蒸鱼	Stir Fried Tofu with Mince Meat 家常酿豆腐	Chinese Dumpling 猪肉水饺	Lemon Chicken 西柠煎软鸡
Soup 汤	Sweet Corn and Egg Soup 鸡肉粟米羹	Seafood Chowder Soup 西湖牛肉羹	Seaweed Egg Soup 紫菜蛋花汤	Mushroom and Slice Chicken Soup 鸡片蘑菇汤	Tomato with Egg Soup 鸡蛋西红柿汤
Congee 粥	Green Bean Congee 绿豆粥	Corn and Pumpkin Congee 南瓜玉米粥	Purple Rice Congee 紫米粥	Pumpkin and Rice Congee 南瓜白米粥	Red Bean Congee 红豆粥
Dessert 甜点	Swiss Roll 迷你瑞士卷	Chinese Cake 中式海绵蛋糕	Green Tea Cake 抹茶蛋糕	Chinese Cake 蔓越莓海绵蛋糕	Chocolate Cake 巧克力蛋糕
Drinks 饮品	Yoghurt and Milk 酸奶、牛奶、柠檬水(同)	Orange Juice and Milk 橙汁、酸奶、柠檬水(同)	Yoghurt and Milk 酸奶、牛奶、柠檬水(同)	Yoghurt and Milk 酸奶、牛奶、柠檬水(同)	Orange Juice and Milk 橙汁、酸奶、柠檬水(同)
Fruit 水果	4 kinds of fruit 4种水果				
Salad 沙拉	10 kinds of salad 10种沙拉				
Sandwiches Bar 三明治	4 kinds of bread 10 kinds of stuffing filling 4种面包10种配料				

Lunch Menu					
Classification	Monday 11th (Nov)	Tuesday 12th (Nov)	Wednesday 13th (Nov)	Thursday 14th (Nov)	Friday 15th (Nov)
Western Dish 西餐美食	Roasted Chicken with Cajun 卡真烤鸡腿	Curry Chicken 日式咖喱鸡	Roasted Pork with Cajun Powder 卡真烤猪柳配烧汁	Pizza 意大利萨拉米什锦披萨	Mixed meat Ball with Fresh Basil Sauce 烩什肉丸(猪、牛、鸡)配鲜罗勒汁
Portato 土豆	Natural Slice Potatoes 醋溜土豆丝	Natural Potatoes Chbe with Cheesew 炒土豆丁	Natural Potatoes Wedge 卡真土豆角	Italian Potato 意式香草土豆片	Potato Pie 土豆饼
Chinese Dish 中餐美食	Mince Pork with Lettuce Asparagus 肉片炒莴笋	Stir Fried Pork cube with Sweet and Sour Sauce 糖醋里脊	Braised Beef with Patoto 土豆炖牛腩	Pork Meat Ball with Sour Sauce 酸甜焦溜猪肉丸	Braised Chicken Leg with Mushroom 北菇蒸滑鸡
Coarese Food Grain 粗粮	Roasted Sweet Potato 烤红薯	Steamed Corn 蒸玉米	Steamed Sweet Potato 蒸红薯	Steamed Corn 蒸玉米	Roasted Sweet Potato 烤红薯
Pasta 意大利面食	3 kinds of Pasta 3种意大利面食 (意大利面、空心粉、螺丝面)	3 Kinds of Pasta 3种意大利面食 (意大利面、空心粉、菠菜面)	3 Kinds of Pasta 3种意大利面食 (意大利面、蝴蝶面、斜切面)	3 Kinds of Pasta 3种意大利面食 (意大利面、螺丝面、菠菜面)	3 Kinds of Pasta 3种意大利面食 (意大利面、螺丝面、菠菜面)
Main Food 主食	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭
Vegetable 蔬菜	Vegetable 香菇小油菜	Vegetable 鲜番茄圆白菜	Vegetable 香菇油菜	Vegetable 鲜番茄有机菜花	Vegetable 玉米粒西兰花
Fast Food 快餐美食	Braised Pork with Quail Egg 台湾卤肉配卤鹌鹑蛋	Braise Beef with Corn 玉米烧牛肉	Stir Fried Noodle with Chicken 鸡丝蔬菜拌面	Braised Chicken Wing 红烧鸡翅根	Stir Fried Slice Pork with Vegetable 五彩猪肉丝(冬笋、三色彩椒、银牙)
Soup 汤	Seaweed and Egg Soup 紫菜蛋花羹	Mince Pork and Vegetable Soup 肉沫蔬菜羹	Baby Cabbage and Tofu Soup 小白菜粉丝豆腐汤	Spinach Egg Soup 菠菜鸡蛋汤	Baby Cabbage soup 小白菜豆腐汤
Congee 粥	Green Bean Congee 绿豆粥	Corn and Pumpkin Congee 南瓜玉米粥	Purple Rice Congee 紫米山药粥	Corn Congee 棒碴红薯粥	Eed Bean Congee 红豆粥
Dessert 甜点	Pumpkin and Raisin Cake 南瓜葡萄干蛋糕	Sponge Cake 巧克力豆海绵蛋糕	Puff Pastry 汽鼓	Egg Tart 蛋挞	Chicken Sponge Cake 中式海绵蛋糕
Drinks 饮品	Yoghurt and Milk 酸奶、牛奶、柠檬水(同)	Orange Juice and Milk 橙汁、酸奶、柠檬水(同)	Yoghurt and Milk 酸奶、牛奶、柠檬水(同)	Yoghurt and Milk 酸奶、牛奶、柠檬水(同)	Yoghurt and Milk 酸奶、牛奶、柠檬水(同)
Fruit 水果	4 kinds of fruit 4种水果				
Salad 沙拉	10 kinds of salad 10种沙拉				
Sandwiches Bar 三明治	4 kinds of bread 10 kinds of stuffing filling 4种面包10种配料				

Lunch Menu					
Classification	Monday 18th (Nov)	Tuesday 19th (Nov)	Wednesday 20th (Nov)	Thursday 21st (Nov)	Friday 22nd (Nov)
Western Dish 西餐美食	Roasted Pork Loin Orleans Style 奥尔良烤猪柳配烧烤汁	Chicken Teryaki 照烧鸡腿	Lasagne with Bologanise 意式千层面	Braised Mixed Meat Ball with Brown Sauce 香草红烩什肉丸	Roasted Chicken Leg with Orleans Style 奥尔良烤鸡腿
Portato 土豆	Mashed Potato 鸡汁土豆泥	Nature Potato 香炒狼牙土豆	Slice Potatoes 炆炒土豆丝	Slice Potato with Onion 洋葱炒土豆片	Potato Pie 土豆饼
Chinese Dish 中餐美食	Braised Chicken Leg with Mushroom 干香菇红烧琵琶腿	Steamed Fish with Chinese Sour Sauce 清蒸鱼	Braised Pork with Seaweed 海带结红烧肉	Braised Pork Rib with Corn 玉米红烧排骨	Stir Fried Slice Pork 鱼香肉丝
Coarse Food Grain 粗粮	Steamed Sweet Potato 蒸红薯	Baked Beans 芝士焗玉米粒	Steamed Corn 蒸玉米	Sweet Potato 饴糖红薯丁	Steamed Corn 蒸玉米
Pasta 意大利面食	3 kinds of Pasta 3种意大利面食 (意大利面、空心粉、螺丝面)	3 Kinds of Pasta 3种意大利面食 (意大利面、空心粉、菠菜面)	3 Kinds of Pasta 3种意大利面食 (意大利面、蝴蝶面、斜切面)	3 Kinds of Pasta 3种意大利面食 (意大利面、小弯通面、贝壳面)	3 Kinds of Pasta 3种意大利面食 (意大利面、螺丝面、菠菜面)
Main Food 主食	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭
Vegetable 蔬菜	Vegetable 洋白菜、胡萝卜、西兰花	Vegetable 香菇菜心	Vegetable 鲜番茄圆白菜	Vegetable 玉米粒西兰花	Vegetable 粉丝小白菜
Fast Food 快餐美食	Stir Fried Slice Beef with Bamboo 笋片彩椒洋葱炒牛肉片	Stir Fried Mince Pork with Egg Plant 肉沫烧茄子	Stir Fried Duck Cube with Onion 孜然洋葱爆鸭粒	Sweet and Sour Fish 酸甜咕嚕鱼	Braised Beef with Potato 土豆烧牛肉
Soup 汤	Cream Tomato Soup 奶油西红柿汤	Tofu and Vegetable Soup 豆腐蔬菜羹	Minestrone Soup 意大利什菜汤	Cucumber Egg Soup 黄瓜鸡蛋汤	Tomato with Egg Soup 鸡蛋西红柿汤
Congee 粥	Green Bean Congee 绿豆粥	Corn and Pumpkin Congee 南瓜玉米粥	Purple Rice Congee 紫米粥	Pumpkin and Rice Congee 南瓜大麦粥	Red Bean Congee 红豆粥
Dessert 甜点	Chocolate Cake 巧克力蛋糕	Swiss Roll 迷你瑞士卷	Egg Tart 蛋挞	Chinese Cake 中式海绵蛋糕	Red Bean Puree Ball 椰丝豆沙饼
Drinks 饮品	Yoghurt and Milk 酸奶、牛奶、柠檬水(同)	Orange Juice and Milk 橙汁、酸奶、柠檬水(同)	Yoghurt and Milk 酸奶、牛奶、柠檬水(同)	Yoghurt and Milk 酸奶、牛奶、柠檬水(同)	Orange Juice and Milk 橙汁、酸奶、柠檬水(同)
Fruit 水果	4 kinds of fruit 4种水果				
Salad 沙拉	10 kinds of salad 10种沙拉				
Sandwiches Bar 三明治	4 kinds of bread 10 kinds of stuffing filling 4种面包10种配料				

Lunch Menu					
Classification	Monday 25th (Nov)	Tuesday 26th (Nov)	Wednesday 27th (Nov)	Thursday 28th (Nov)	Friday 29th (Nov)
Western Dish 西餐美食	Roasted Chicken Cajun Sauce 卡真烤鸡腿	Curry Beef 日式咖喱牛肉	Beef Burger 牛肉汉堡	Ham and Cheese Pork Chop 蓝带芝士火腿猪排	Roasted Cicken Orleans Style 奥尔良烤鸡腿
Portato 土豆	Natural Potatoes 香炒土豆角	Slice Potato with Onion 洋葱炒土豆片	French Frie 土豆条	Slice Potato 洋葱土豆片	Natural Potatoes Chbe with Cheesew 炒土豆丁
Chinese Dish 中餐美食	Braised Beef with Fresh Tomato 鲜番茄炖牛腩	Poached Chicken with Hainan Style 海南鸡	Braised Pork with Quail Egg and Seaweed 海带元宝红烧肉	Stir Fried Chicken cube with Bean Sauce 酸甜鸡丁	Stir Fried Chicken cube with Chili Sauce 宫保鸡丁
Coarese Food Grain 粗粮	Roasted Sweet Potato 烤红薯	Steamed Corn 蒸玉米	Steamed Sweet Potato 蒸红薯	Sweet Corn 玉米粒 (青豆、胡萝卜)	Steamed Corn 蒸玉米
Pasta 意大利面食	3 kinds of Pasta 3种意大利面食 (意大利面、空心粉、螺丝面)	3 Kinds of Pasta 3种意大利面食 (意大利面、空心粉、菠菜面)	3 Kinds of Pasta 3种意大利面食 (意大利面、蝴蝶面、斜切面)	3 Kinds of Pasta 3种意大利面食 (意大利面、小弯通面、贝壳面)	3 kinds Pasta 3种意大利面食 (意大利面、小弯通面、贝壳面)
Main Food 主食	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭	Rice and Chinese Main Food 米饭
Vegetable 蔬菜	Vegetable 清炒西兰花	Vegetable 鲜番茄圆白菜	Vegetable 香菇油菜	Vegetable 西兰花、胡萝卜、洋白菜、玉米粒、南瓜	Vegetable 玉米粒小油菜
Fast Food 快餐美食	Pork Dumpling 猪肉水饺	Steamed Fish 中式蒸鱼	Stir Fried Chicken Stick with Celery 香芹炒鸡柳	Stir Fried Duck with Onion 炒烤孜然鸭粒	Braised Pork Ball 烩猪肉丸配黑木耳 (马蹄、玉米、馒头)
Soup 汤	Cucumber and Egg Soup 黄瓜蛋花汤	Beef and Vegetable Soup 咖喱牛肉蔬菜汤	Baby Cabbage and Tofu Soup 小白菜豆腐汤	Mushroom Cream Soup 奶油蘑菇汤	Chicken and Mushroom Soup 鸡片平菇汤
Congee 粥	Green Bean Congee 绿豆粥	Corn and Pumpkin Congee 南瓜玉米粥	Purple Rice Congee 紫米粥	Pumpkin and Rice Congee 南瓜白米粥	Wheat Rice Congee 大麦粥
Dessert 甜点	Sweet Corn Cake 玉米蛋糕	Sponge Cake 椰丝海绵蛋糕	Jelly Cake 果冻蛋糕	Chinese Cake 中式小麻花	Chocolate Cake 巧克力蛋糕
Drinks 饮品	Yoghurt and Milk 酸奶、牛奶、柠檬水 (同)	Orange Juice and Milk 橙汁、酸奶、柠檬水 (同)	Yoghurt and Milk 酸奶、牛奶、柠檬水 (同)	Yoghurt and Milk 酸奶、牛奶、柠檬水 (同)	Orange Juice and Milk 橙汁、酸奶、柠檬水 (同)
Fruit 水果	4 kinds of fruit 4种水果				
Salad 沙拉	10 kinds of salad 10种沙拉				
Sandwiches Bar 三明治	4 kinds of bread 10 kinds of stuffing filling 4种面包10种配料				