

KOREAN

韩式餐盒



Menus may be subject to change due to daily availability of ingredients / 菜单有可能会根据日常原材料的供应状况做相应调整

WEEK 1

DATE

MONDAY

December 2

TUESDAY

December 3

WEDNESDAY

December 4

THURSDAY

December 5

FRIDAY

December 6



MAIN

Orleans Chicken Thighs
奥尔良烤鸡腿

Korean
Stir-fried Crisp Sausage
韩式炒脆皮肠

Fish Ball Curry
咖喱鱼丸

Korean Stir-fried Beef
韩式炒肥牛

Korean Chicken Stew
with Chili
韩式辣煮鸡



MAIN

Korean Stir-fried Rice Cake
韩式炒年糕

Korean Egg Rolls
韩式鸡蛋卷

Potato Cake
土豆饼

Tempura Eggplant
天妇罗茄子

Kimbap with Tuna
吞拿鱼紫菜包饭



SIDE

Garlic Shanghai Green
蒜蓉炒上海青

Sautéed Shredded Celtuce
清炒莴笋丝

Mixed Seaweed with
Sauce
拌海藻

Garlic Chinese Cabbage
蒜蓉奶白菜

Mixed Spinach with Sauce
拌菠菜



SIDE

Kimchi
泡菜

Kimchi
泡菜

Kimchi
泡菜

Kimchi
泡菜

Kimchi
泡菜



RICE

Steamed Rice
白米饭

Korean Bibimbap
韩式拌饭

Steamed Rice
白米饭

Fried Rice
with Ham & Kimchi
泡菜火腿粒炒饭






Steamed Rice
白米饭

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	<u>December 9</u>	<u>December 10</u>	<u>December 11</u>	<u>December 12</u>	<u>December 13</u>
 MAIN	Korean Roasted Chicken Leg 韩式烤鸡腿	Braised Meat Balls in Brown Sauce 红烧狮子头	Fish Finger 手指鱼	Pork Stew with Korean Miso Paste 韩式大酱炖猪梅肉	
 MAIN	Korean Stir-fried Fish Cake with Vegetables 韩式蔬菜炒鱼饼	Pan-fried Egg 煎蛋	Korean Stir-fried Diced Chicken 韩式炒鸡丁	Korean Tofu 韩式豆腐	
 SIDE	Garlic Shanghai Green 蒜蓉上海青	Mixed Broccoli with Sauce 拌西兰花	Mixed Shredded Seaweed with Sauce 拌海带丝	Sautéed Choy Sum 清炒菜心	
 SIDE	Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜	
 RICE	Steamed Rice 白米饭	Korean Bibimbap 韩式拌饭	Steamed Rice 白米饭	Fried Rice with Scrambled Eggs 蛋炒饭	