



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

Farfalle with Duck Ragu
鸭肉酱蝴蝶意面

Mexican Roasted Beef
with Gravy Sauce
墨西哥烤牛肉配自制肉汁

Deep-fried Fish
Served with Tartare Sauce
炸鱼配塔塔酱

Baked Penne
with Lamb Ragu
羊肉酱焗尖通粉

Hotdog
热狗包



MAIN

Grilled Salmon
with Lemon Grass Sauce
烤三文鱼配柠檬草酱

Pork Goulash
希腊风味炖猪肉菜

Chicken Stroganoff
俄式奶油焗鸡肉

Roasted Pork Loin
with BBQ Sauce
烤猪扒配烧烤酱

Spanish Crispy Fried
Chicken with Ketchup
西班牙香脆鸡肉配番茄酱



SIDE

Garlic Broccoli
蒜香西兰花

Eggplant
with Parmesan Cheese
巴马芝士烤茄子

Buttered Spinach
黄油菠菜

Grilled Bell Peppers
扒彩椒

Stir-fried Green Beans
with Garlic
蒜蓉炒青豆



SIDE

Roasted Carrot
with Honey Sauce
蜜汁扒胡萝卜

Garlic Pan-fried Zucchini
香炒小南瓜

Roasted Potatoes
烤土豆

Sautéed Lotus Roots
with Garlic
蒜香炒莲藕

Sicilian Caponata
西西里烤蔬菜



STARCH

Scones with Jam
司康饼配果酱

Corn Bread
玉米面包

Apple Strudel
法式苹果卷

Tomato Focaccia
番茄佛卡夏面包

Omelette with Mozzarella
马苏里拉奶酪蛋卷饼

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WEEK 2

DATE

MONDAY

December 9

TUESDAY

December 10

WEDNESDAY

December 11

THURSDAY

December 12

FRIDAY

December 13

MAIN

Spaghetti Bolognese
猪肉酱意粉

Beef Chilli (Non-Spicy)
不辣牛肉酱

Grilled Lamb with Gravy
烤羊肉配肉汁

Christmas Turkey
with Stuffing
圣诞火鸡配火鸡填料

MAIN

Roman-Style Scalloped
Chicken with Butter Sauce
(Chicken, Bacon, Sage)
罗马风味烤鸡肉培根卷

Parmesan Chicken Tenders
with Honey Mustard Sauce
巴马芝士鸡柳配蜂蜜芥末酱

Pork Loin Roll
with Cheese & Asparagus
烤芝士芦笋猪肉卷

Beef Meatloaf
with Gravy Sauce
牛肉糜卷配肉汁

SIDE

Stir-fried Cabbage
清炒包菜

Nacho Chips
玉米片

Sautéed Cauliflower
清炒菜花

Potato Wedges
烤薯角

SIDE

Buttered Spinach
黄油菠菜

Sautéed Zucchini
清炒西葫芦瓜

Grilled Bell Peppers
扒彩椒

Sautéed Broccoli with
Garlic
清炒西兰花

STARCH

Scones with Jam
司康饼配果酱

Corn Bread
玉米面包

Apple Strudel
法式苹果卷

Tomato Focaccia
番茄佛卡夏面包