



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

Cheesy Vegan Garlic Bread
芝士香蒜面包

Korean Rainbow Bibimbap
韩式彩虹石锅拌饭

Pasta & Bean Salad
杂豆螺丝面沙拉

Italian Rice
with Asparagus & Cream
意式奶油芦笋烩饭

Mushroom & Cheese
Quesadillas
蘑菇芝士煎饼



MAIN

Baked Pumpkin
烤南瓜

Veggie Egg Roll
蔬菜鸡蛋卷

Vegetable Spring Roll
with Ketchup
素食春卷配番茄酱

Spinach Cheese Tart
菠菜乳酪挞

Grilled Sweet Corn
with Herbs & Butter
香草黄油烤玉米



SIDE

Grilled Bell Peppers
烤彩椒

Crispy Garlic Spices
Chickpea
酥脆鹰嘴豆

Sautéed Zucchini
清炒云南小瓜

Sautéed Cabbage
清炒卷心菜

Baked Beans
in Tomato Sauce
茄汁焗豆



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 2

DATE

MONDAY

December 9

TUESDAY

December 10

WEDNESDAY

December 11

THURSDAY

December 12

FRIDAY

December 13



MAIN

Spaghetti with Mushroom
Cream Sauce
奶油蘑菇意粉

Caprese Sandwich
with Tomato, Mozzarella &
Fresh Basil
法棍三文治
(番茄、水牛芝士球、罗勒
叶)

Vietnam Green Curry
越南绿咖喱

Udon with Mixed Veggies
杂蔬炒乌冬



MAIN

Deep-fried Mozzarella
酥炸马苏里拉芝士

Vegetarian Sushi
杂蔬寿司卷

Hainan Chicken Oil Rice
海南鸡油饭

Lemon Grass Basil
Mushroom Long Bean
Mixed Sautéed
香茅烩香菇豆角



SIDE

Mashed Potato
土豆泥

Sautéed Broccoli
清炒西兰花

Garlic Choy Sum
蒜香菜心

Marinated Egg
卤蛋