

CHINESE 中餐盒饭

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DATE

January 6

January 7

January 8

January 9

January 10

 MAIN

Braised Beef with Daikon
萝卜炖牛腩

Steamed Fish
With Light Soy Sauce
酱油蒸鱼

Chicken with Mushroom
& Oyster Sauce
蚝油香菇焖鸡

Braised Duck with Carrot
胡萝卜炖鸭肉

Char Siu(BBQ Pork)
蜜汁叉烧

 MAIN

Stir-fried Diced Pork
with Celery and Corn
七彩炒肉丁

Stir-fried Diced Pork
with Lotus Root
莲藕炒肉丁

Stir-fried Pork Meatball
with Bean Curd & Celery
香干芹菜炒猪肉丸

Sautéed Beef with Broccoli
牛肉炒西兰花

Stir-fried Shredded Chicken
with Onion & XO Sauce
XO酱洋葱炒鸡柳

 SIDE

Stir-fried Chinese Yam
with Mu'Er
淮山炒木耳

Scrambled Eggs
with Tomatoes
番茄炒蛋

Stir-fried Long Beans with
Pickled Olive Vegetable
榄菜豆角

Sautéed Baby Cabbage
蒜蓉娃娃菜

Braised Tofu
in Brown Sauce
红烧豆腐

 SIDE

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

 RICE

Steamed Rice with Oats
燕麦饭

Steamed Rice
白米饭

Steamed Rice
with Sweet Potatoes
红薯饭

Steamed Rice
白米饭

Steamed Rice
with Purple Rice
紫米饭

CHINESE 中餐盒饭

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

January 13

TUESDAY

January 14

WEDNESDAY

January 15

THURSDAY

January 16

FRIDAY

January 17

 MAIN

Steamed Chicken with Mushroom
香菇蒸鸡

Fish Finger
手指鱼

Chicken Teriyaki
日式鸡肉

Beef Curry
咖喱牛肉

Braised Pork with Chinese Yam
淮山焖猪肉

 MAIN

Shredded Diced Chicken with Garlic Sauce
鱼香肉丝

Pork Stew with Soy Beans
黄豆焖猪肉

Braised Duck Brisket with Bean Curds
腐竹焖鸭

Stir-fried Pork with Bean Curd & Celery
芹菜香干炒肉片

Stir-fried Fish Ball with Bell Peppers
彩椒炒鱼丸

 SIDE

Braised Tofu with Tomato & Mushroom
番茄金针菇烩豆腐

Stir-fried Zucchini
清炒小南瓜

Garlic Shredded Celtuce
香蒜炒莴笋丝

Sautéed Jicama
脆炒沙葛

Stir-fried Diced Veggies
炒蔬菜丁
(莴笋、胡萝卜、玉米)

 SIDE

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

 RICE

Steamed Rice with Oats
燕麦饭

Steamed Rice
白米饭

Steamed Rice with Sweet Potatoes
红薯饭

Steamed Rice
白米饭

Steamed Rice with Purple Rice
紫米饭

CHINESE 中餐盒饭

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 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DATE

January 20

January 21

January 22

January 23

January 24

 MAIN

Steamed Fish
with Light Soy Sauce
酱油蒸鱼

Baked Chicken
照烧鸡肉

Stir-fried Slice Pork with
Mu'er & Chinese Yam
淮山木耳炒肉片

Braised Beef Brisket
with Tomato
番茄焖牛肉

 MAIN

Braised Beef with Potatoes
土豆焖牛肉

Braised Pork with Tofu
红烧肉豆腐

Steamed Eggs with
Shrimps
虾仁蒸蛋

Sautéed Pork
with Cauliflower
菜花炒肉片

Chinese New Year Holiday
春节

 SIDE

Stir-fried Diced Lotus Roots
with Carrot & Peas
胡萝卜豌豆炒莲藕丁

Sautéed Shredded Celtuce
清炒莴笋丝

Steamed Pumpkin
蒸南瓜

Vegetarian Spring Rolls
素食春卷

 SIDE

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

 RICE

Steamed Rice with Oats
燕麦饭

Steamed Rice
白米饭

Steamed Rice
with Purple Rice
紫米饭

Steamed Rice
白米饭