



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

January 6

TUESDAY

January 7

WEDNESDAY

January 8

THURSDAY

January 9

FRIDAY

January 10



MAIN

Greek-style Pasta Salad
希腊贝壳意粉沙拉

Cheery Tomato & Mozzarella & Basil Salad
圣女果水牛芝士沙拉

Vietnam Green Curry
越南绿咖喱

Mexican Quinoa
墨西哥藜麦

Pasta Gratin with Mushrooms
芝士奶油焗意粉



MAIN

Devilled Eggs with Capers
(NO SPICY)
(不辣) 魔鬼蛋配刺山柑

Mediterranean Potato Salad
地中海风味土豆沙拉
黄色

Hainan Chicken Oil Rice
海南鸡油饭

Baked Pumpkin
烤南瓜

Ratatouille
法式烩蔬菜



SIDE

Pickled Cucumber
腌青瓜

Garlic Broccoli
蒜香西兰花

Garlic Choy Sum
蒜香菜心

Home Made Dried Tomato
自制风干番茄

Spinach with Sesame
芝麻菠菜



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WEEK 2

DATE

MONDAY

January 13

TUESDAY

January 14

WEDNESDAY

January 15

THURSDAY

January 16

FRIDAY

January 17

MAIN

Veggie Lasagna
素千层面

Potato & Cheese
Quesadillas
土豆芝士煎饼

Korean Rainbow Bibimbap
韩式彩虹石锅拌饭

Stir-fried Noodles
(Onion, Carrot, Bean
Sprout)
三丝炒面

Torta Pasquale
鸡蛋菠菜馅饼

MAIN

Broccoli Quiche
西兰花乳蛋饼

Stir-fried Mixed Mushrooms
炒杂菇

Veggie Egg Roll
蔬菜鸡蛋卷

Vegetable Spring Rolls
with Ketchup
春卷配番茄酱

Jacket Potato
杂蔬芝士酿土豆

SIDE

Steamed Asparagus
清蒸芦笋

Roasted Zucchini
烤小南瓜

Poached Choy Sum
白灼菜心

Sautéed Baby Cabbage
清炒娃娃菜

Sautéed Broccoli
清炒西兰花



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WEEK 3

DATE

MONDAY

January 20

TUESDAY

January 21

WEDNESDAY

January 22

THURSDAY

January 23

FRIDAY

January 24

MAIN

Falafel Burgers
鹰嘴豆汉堡

Deep-fried Rice Arancini
with Cheese
芝士饭团子

Veggie Chilli
茄汁烩杂蔬

Vegan Reuben Sandwich
素鲁宾三明治

MAIN

Zucchini Cheese Tart
小瓜芝士挞

Fried Eggs with Tomatoes
番茄炒蛋

Pita Bread
皮塔饼

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

Chinese New Year Holiday
春节

SIDE

Grilled Bell Peppers
烤彩椒

Spinach with Buttered
黄油菠菜

Garlic Broccoli
蒜香西兰花

Roasted Cherry Tomatoes
烤圣女果