





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	<u>January 6</u>	<u>January 7</u>	<u>January 8</u>	<u>January 9</u>	<u>January 10</u>
 MAIN	Spaghetti Duck Ragu 鸭肉酱意粉	Pork Goulash 蔬菜烩猪肉	Beef Chilli (Non-Spicy) 不辣牛肉酱	Penne with Sole Fish & Tomato Sauce 龙利鱼番茄酱通心粉	Chicken Hotdog 鸡肉热狗
 MAIN	Slow Cooked Beef with Gravy Sauce 慢煮牛肉配肉汁	Spanish Crispy Fried Chicken with Ketchup 西班牙香脆鸡肉配番茄酱	Grilled Lamb Chops with Gravy 扒羊排配肉汁	Roasted Duck with Potatoes 土豆烤鸭肉	Stew Pork Shoulder with BBQ Sauce 烩猪肉配烧烤汁
 SIDE	Buttered Spinach 黄油菠菜	Sautéed Zucchini 清炒西葫芦瓜	Roasted Louts Root with Mozzarella Cheese 芝士烤莲藕	Grilled Bell Peppers 扒彩椒	Steamed Broccoli 蒸西兰花
 SIDE	Steamed Pumpkin 蒸南瓜	Purple Sweet Potato Mash 紫心番薯泥	Nachos Chip 玉米片	Stuffed Mushroom 酿蘑菇	Eggplant Cheese 芝士焗茄子
 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

January 13

TUESDAY

January 14

WEDNESDAY

January 15

THURSDAY

January 16

FRIDAY

January 17

MAIN

Baked Pasta with Crispy Bacon
香脆烟肉焗意面

Braised Beef with Carrot
胡萝卜炖牛肉

Stir-fried Pork with Cherry Tomato
炒猪肉配小番茄

Roasted Sole Fish with Sweet & Sour Sauce
烤龙利鱼配酸甜酱

Deep-fried Chicken Fillets in Golden Breadcrumbs with Mustard Sauce
酥炸鸡柳配黄芥末酱

MAIN

Chicken Curry with Vegetable
鸡肉蔬菜咖喱

Honey Roasted Duck with Light Soy Sauce
蜂蜜酱油烤鸭肉

Lamb Stew with Red Onion
红洋葱烩羊肉

Beef Wellington
惠灵顿牛柳

Sous-vide Pork Tenderloin with Tomato Sauce
慢煮猪里脊配番茄酱

SIDE

Zucchini Gratin with Mozzarella & Golden Bread
面包奶油焗西葫芦

Steamed Green Long Bean
蒸长豆角

Grilled Pumpkin
烤南瓜

Sicilian Caponata
西西里烤蔬菜
(Zucchini, Bell Peppers, Onion, Tomato Sauce)

Baked Mushrooms with Garlic
蒜蓉烤蘑菇

SIDE

Vegetable Caponata
烤什锦蔬菜丁

Stir-fried Cabbage
炒卷心菜

Butter Spinach
黄油菠菜

Roasted Baby Potatoes
烤小土豆

Garlic Cauliflower
蒜蓉花椰菜

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 3

DATE

MONDAY

January 20

TUESDAY

January 21

WEDNESDAY

January 22

THURSDAY

January 23

FRIDAY

January 24

MAIN

Spaghetti Bolognese
猪肉酱意粉

Grilled Ginger Sesame
Beef
烤牛肉配芝麻

Steamed Sole Fish
with Tomato Sauce
蒸龙利鱼配番茄酱

Farfalle With Pork Ragu
猪肉酱蝴蝶面

MAIN

Roasted Chicken
with Bell Peppers
烤鸡配彩椒

Fried Lamb Chops
with Bread Crumb
脆烤羊排

Roasted Duck with Gravy
烤鸭肉配肉汁

Roasted Beef
with Gravy Sauce
烤牛肉配肉汁

Chinese New Year Holiday
春节

SIDE

Buttered Spinach
黄油菠菜

Golden Corn Niblet
黄金玉米粒

Roasted Daikon
烤白萝卜

Grilled Bell Peppers
扒彩椒

SIDE

Steamed Pumpkin
蒸南瓜

Grilled Asparagus
with Lemon Juice
柠汁扒芦笋

Bake Eggplant
with Cheese
芝士焗茄子

Sautéed Zucchini
清炒小南瓜

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