

# KOREAN

韩式餐盒



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

Stir-fried Pork  
with Korean Chili Sauce  
韩式辣酱炒猪肉

Korean Roasted Chicken  
Leg  
韩式烤鸡腿

Korean Stir-fried Beef  
韩式炒牛肉

Korean Style  
Roast Pork neck  
韩式烤猪颈肉

Stir-fried shrimp  
with Korean Chili Sauce  
韩式辣酱炒虾仁



MAIN

Korean Stir-fried Vermicelli  
with Mixed Vegetables  
韩式杂菜炒粉丝

Korean Tofu  
韩式豆腐

Fish Ball Curry  
咖喱鱼丸

Potato Cake  
土豆饼

Kimbap  
with Dried Meat Floss  
肉松紫菜包饭



SIDE

Mixed Spinach with Sauce  
拌菠菜

Garlic Choy Sum  
蒜蓉菜心

Sautéed Shanghai Green  
清炒上海青

Sautéed Shredded Celtuce  
清炒莴笋丝

Mixed Shredded Seaweed  
with Sauce  
拌海带丝



SIDE

Kimchi  
泡菜

Kimchi  
泡菜

Kimchi  
泡菜

Kimchi  
泡菜

Kimchi  
泡菜



RICE

Steamed Rice  
白米饭

Korean Bibimbap  
韩式拌饭

Steamed Rice  
白米饭

Fried Rice  
with Scrambled Eggs  
蛋炒饭






Steamed Rice  
白米饭

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	January 13	January 14	January 15	January 16	January 17
 MAIN	Korean Marinated Pork 韩式卤肉	Orleans Chicken Boneless Thighs 奥尔良烤鸡腿	Korean Braised Beef Brisket with Daikon 韩式萝卜炖牛腩	Korean Style Stir-fried Crisp Sausage 韩式炒脆皮肠	Sweet & Sour Sole Fish 酸甜龙利鱼
 MAIN	Korean Stir-fried Rice Cake 韩式炒年糕	Pan-fried Egg 煎蛋	Korean Stir-fried Fish Cake 韩式炒鱼饼	Chicken Curry 咖喱鸡	Kimbap with Crab Stick 蟹柳紫菜包饭
 SIDE	Mixed Seaweed with Sauce 拌海草	Mixed Spinach with Sauce 拌菠菜	Stir-fried Shanghai Green with Mushroom 香菇炒上海青	Sautéed Choy Sum 清炒菜心	Sautéed Shredded Celtuce 清炒莴笋丝
 SIDE	Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜	Kimchi 泡菜
 RICE	Steamed Rice 白米饭	Korean Bibimbap 韩式拌饭	Steamed Rice 白米饭	Fried Rice with Kimchi 泡菜炒饭	Steamed Rice 白米饭



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WEEK 3

DATE

MONDAY

January 20

TUESDAY

January 21

WEDNESDAY

January 22

THURSDAY

January 23

FRIDAY

January 24

 MAIN

Korean Sauced Pork Knuckle  
韩式酱猪蹄

Chicken Popcorn  
鸡米花

Korean Roasted Pork Chop with Cheese  
韩式芝士烤猪排

New Orleans Grilled Chicken Wing  
新奥尔良烤鸡翅

 MAIN

Korean Stir-fried Squid  
韩式炒鱿鱼

Stir-fried Rice Cake with Cheese  
芝士炒年糕

Braised Tofu with Beef Mince & Korean Chili  
韩式辣酱牛肉沫烧豆腐

Kimbap with Dried Meat Floss  
肉松紫菜包饭

Chinese New Year Holiday  
春节

 SIDE

Garlic Chinese Cabbage  
蒜蓉奶白菜

Garlic Choy Sum  
蒜蓉菜心

Shanghai Green with Mushroom  
香菇上海青

Potato Cake  
土豆饼

 SIDE

Kimchi  
泡菜

Kimchi  
泡菜

Kimchi  
泡菜

Kimchi  
泡菜

 RICE

Steamed Rice  
白米饭

Korean Bibimbap  
韩式拌饭

Steamed Rice  
白米饭

Fried Rice with Kimchi  
泡菜炒饭