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每周食谱 Weekly Menu #22

Week 22 (2020/01/13 - 2020/01/17)

日期 Date	周一	周二	周三	周四	周五
上午间点 AM Snack	丹麦酥饼 Danish Pastry 时令水果 Seasonal Fruit	蝴蝶酥 Butterfly Cookies 酸奶 Yogurt	果酱面包 Jam Bun 时令水果 Seasonal Fruit	牛角包 Croissant 时令水果 Seasonal Fruit	马芬 Butter Muffin 香蕉卷 Banana Roll 时令水果 Seasonal Fruit 苹果汁 100% Apple Juice
午餐 Lunch	迷迭香烤鸡 Roasted Chicken with Rosemary 培根蔬菜卷 Bacon and Vegetable Roll 烤土豆胡萝卜块 Roasted Potato and Carrot 糯米南瓜饼 Pumpkin Cake 西兰花汤 Broccoli Soup 橙汁 100% Apple Juice	菠萝咕嚕肉 Sweet and Sour Pork with Pineapple 官爆鸡丁 Kung Pao Chicken 鸡蛋炒小油菜 Stir-fried Bok choy with Egg 米饭 Steamed Rice 骨汤海带 Kelp Soup 香蕉 Banana	苏格兰肉丸子 Scottish Meatballs 软炸虾仁 Soft Deep-Fried Shrimp Meat 蟹味菇炒包菜 Fried Cabbage with Mushroom 意大利肉酱面 Spaghetti Bolognese 西式蔬菜汤 Vegetable Soup 酸奶 Yoghurt	唐扬鸡块 Tang Yang Chicken Nuggets 牛肉饺子 Beef Dumpling 蒜蓉西兰花 Sauteed Broccoli with Garlic 自制苹果挞 Apple Tarts 乌鱼蛋汤 Cuttlefish Roe Soup 橘子 Orange	
下午间点 PM Snack	奶黄包 Steamed Creamy Custard Bun 时令水果 Seasonal Fruit	玉米蛋糕 Corn Cake 时令水果 Seasonal Fruit	巧克力瑞士卷 Chocolate Swiss Roll 时令水果 Seasonal Fruit	黄油烤面包 Baked Bread with Butter 酸奶 Yogurt	