

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

April 12

TUESDAY

April 13

WEDNESDAY

April 14

THURSDAY

April 15

FRIDAY

April 16

 MAIN

Stir-fried Pork Slice with
Snow Peas & Carrot
荷兰豆胡萝卜炒肉片

Steamed Eggs with
Pork Mince & Mushroom
香菇肉末蒸水蛋

Braised Meatball
with Potatoes
土豆烧肉丸

Braised Chicken
with Mushroom
冬菇焖鸡

Beef Brisket Stew
with Daikon
白萝卜炖牛肉

 MAIN

Chicken Stew
with Edamame Beans
毛豆烧鸡

Braised Beef with Tomato
番茄炖牛肉

Stir-fried Duck
with Celery & Onion
西芹洋葱炒鸭

Braised Eggplant
with Pork Mince
茄子肉末

Stir-fried Shrimps
with Vegetables
彩色虾仁

 SIDE

Garlic Shanghai Green
蒜蓉上海青

Stir fried leafy vegetables
炒油麦菜

Sautéed Diced Vegetables
炒蔬菜丁

Garlic Chinese Cabbage
蒜蓉小白菜

Scalded Choy Sum
白灼白菜苔

 SIDE

Sautéed Diced Lotus Roots
清炒藕丁

Boiled Bean Sprout
水煮绿豆芽

Boiled Chinese Cabbage
水煮奶白菜

Sautéed Shredded Potato
清炒土豆丝

Scrambled Eggs
with Tomatoes
西红柿炒鸡蛋

 RICE

Steamed Rice
白米饭

Steamed Mixed Grains Rice
杂粮饭

Steamed Rice
白米饭

Steamed Mixed Grains Rice
杂粮饭

Steamed Rice
白米饭