

MS/HS MENU						
Counter 柜台	Item 项目	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
29th Week		14-Mar	15-Mar	PIZZA DAY 16-Mar	17-Mar	BURGER DAY 18-Mar
World Kitchen 世界厨房 (Set Menu套餐) 世界厨房	Western Protein 西餐荤菜	蜂蜜橙味鸭胸 Honey&Orange glazed duck breast	奥尔良烤翅根 Roasted chicken drumette	萨拉米披萨 Salami pizza		
	Starch 淀粉/主食	乡村烤土豆 Roasted potato	蒜香面包 Garlic bread			
	Vegetable 蔬菜	罗勒酱烤蔬菜 Roasted vegetable with basil sauce	西兰花胡萝卜 Broccoli and carrot	西兰花圣女果 Broccoli		
	Soup 汤	西湖芙蓉羹 Tofu and mushroom egg soup	土豆浓汤 Creamy potato soup	酸辣汤 Hot and spicy soup		
	Dessert /Snack 甜品	原味蛋糕 Original cake	大理石蛋糕 Marble cake	胡萝卜蛋糕 Carrot cake		
Asian Kitchen 亚洲厨房 (Set Menu套餐) Asian Wok	Asian Protein 亚洲荤菜	干锅鸡 Fried chicken with pepper	百叶结烧肉 Braised pork with braised tofu	黑椒鸭片 Stir-fried duck with black pepper		
	Asian Protein 亚洲荤菜	莴笋肉丝 Asparagus lettuce with sliced pork	宫保鸡丁 Kung pao Chicken	西红柿炒鸡蛋 Fried egg with tomato		
	Vegetable 蔬菜	蚝油生菜 Fried lettuce with oyster sauce	蒜香卷心菜 Chinese cabbage with garlic	炒菜苋 Chinese vegetable		
	Starch 淀粉/主食	白米饭 Steamed rice	白米饭 Steamed rice	白米饭 Steamed rice		
	Soup 汤	西湖芙蓉羹 Tofu and mushroom egg soup	土豆浓汤 Creamy potato soup	酸辣汤 Hot and spicy soup		
	Dessert /Snack 甜品	原味蛋糕 Original cake	大理石蛋糕 Marble cake	胡萝卜蛋糕 Carrot cake		
Twisted Beet 健康素食	Basic Vegetarian	素食炒面 Vegetarian fried noodle	麻婆豆腐(微辣) Mapo tofu (Spicy)	日式炒饭 Vegetarian fried rice		
	Super Food	墨西哥芝士饼 Vegetarian cheese burritos				
Chef Special 主厨推荐 (Premium/Carving)		菠萝咕咾肉 小青菜 紫米饭 Sweet and sour chicken Seasonal vegetable Black rice				
Powered by plants 健康园 POWERED BY PLANTS		凯撒色拉 Caesar salad				
Live Noodles 面档	Noodles/Dumplings 面条/饺子	菜肉馄饨 Pork wonton				