

CHINESE 中餐盒饭

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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 4

DATE

MAIN



MAIN



SIDE



SIDE



RICE



MONDAY

May 23

Chicken Stewed with
Mushroom & Edamame Beans
香菇毛豆烧鸡

Char Sui BBQ Pork
蜜汁叉烧

Fried Chinese Cabbage
清炒毛白菜

Steamed Corn
蒸甜玉米棒

Steamed Rice
白米饭

TUESDAY

May 24

Pork Stew with Wax Melon
冬瓜炖猪肉

Fried Diced chicken in Soy
Sauce
酱爆鸡丁

Braised Tofu
红烧豆腐

Garlic Cabbage
蒜蓉小白菜

Steamed Mixed Grains Rice
杂粮饭

WEDNESDAY

May 25

Cooked Beef with Onions
洋葱炒牛肉

Corn and Pork Dumplings
玉米猪肉饺

Scalded Choy Sum
白灼菜心

Sautéed Shredded Daikon
清炒白萝卜丝

Steamed Rice
白米饭

THURSDAY

May 26

Shrimp with Vegetables
七彩虾仁

Roasted Chicken Wings
烤鸡中翅

Sautéed Shanghai Green
清炒上海青

Tomatoes Stew with Tofu
番茄日本豆腐

Steamed Mixed Grains Rice
杂粮饭

FRIDAY

May 27

Teriyaki Chicken
日式照烧鸡

Pork Stewed with Daikon
萝卜焖猪肉

Sautéed Chinese Cabbage
清炒水白菜

Sautéed Mushroom
素炒蘑菇

Steamed Rice
白米饭