



素食盒饭
VEGETARIAN

NOM NOM



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

MONDAY

May 23

TUESDAY

May 24

WEDNESDAY

May 25

THURSDAY

May 26

FRIDAY

May 27

Spinach Lasagna
菠菜千层面

Thai-Style
Mushroom & Tofu Broth
泰式冬菇烩豆腐

Udon with Mixed
Vegetables
杂蔬乌冬

Italian Vegetables Risotto
意大利蔬菜烩饭

Veggie & Cheese
Quesadillas
小瓜茄子芝士煎饼

Steamed Pumpkin
蒸南瓜

Coconut Milk in Rice
椰香米饭

Stir-fried Mushroom with
pepper
杏鲍菇炒彩椒

Brown Butter Peas
Mint Omelet
黄油豌豆薄荷煎蛋卷

Fried Eggs with
Tomatoes
番茄炒蛋

Sautéed Zucchini
清炒西葫芦

Grilled Bell Pepper
烤彩椒

Marinated Egg
卤蛋

Stew Lotus Root
烩莲藕

Vegetable Spring Rolls
春卷

Sautéed Cauliflower
清炒花菜

Steamed Broccoli
蒸西兰花

Garlic Bok Choy
蒜香小白菜

Buttered Spinach
黄油菠菜

Garlic Choy Sum
蒜香菜心