



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。本周菜单过敏源：包括但不限于鱼虾、大豆、鸡蛋、花生、牛奶、坚果等。

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Date	26 Sep	27 Sep	28 Sep	29 Sep	30 Sep
 MAIN	Braised Chicken with Mushroom 香菇烧鸡 (鸡肉25g, 香菇20g, 胡萝卜5g)	Shrimp with Vegetables 七彩虾仁 (虾仁25g, 豌豆10g, 玉米粒7g, 胡萝卜8g)	Stir-fried Beef with Onion 洋葱炒牛肉 (牛肉25g, 洋葱25g)	Pork Stew with Wax Melon 冬瓜炖猪肉 (猪瘦肉25g, 冬瓜25g)	Char Sui Chicken wings 蜜汁鸡中翅 (鸡中翅50g)
 MAIN	Char Sui BBQ Pork 蜜汁叉烧 (猪肉50g)	Chicken with The Sauce 酱爆鸡丁 (鸡肉25g, 胡萝卜15g, 莴笋10g)	Steamed Dumplings with Corn and Pork 玉米猪肉蒸饺 (面粉15g, 猪肉15g, 玉米15g)	Chicken Fillet in Honey Sauce 蜜汁鸡柳 (鸡肉50g)	Pork Stew with Carrot 胡萝卜焖猪肉 (猪肉20g, 红萝卜30g)
 SIDE	Sautéed Chinese Cabbage 清炒毛白菜 (毛白菜50g)	Steamed Corn 清蒸玉米棒 (玉米50g)	Scalded Choy Sum 白灼菜心 (菜心50g)	Fried Chinese Cabbage 清炒上海青 (上海青50g)	Sautéed Water Cabbage 清炒水白菜 (水白菜50g)
 SIDE	素炒攸县香干 (豆腐干40g, 彩椒10g)	Garlic Chinese Cabbage 蒜蓉小白菜 (小白菜50g)	Fried Pumpkin 清炒小南瓜 (小南瓜50g)	Garlic Eggplant 蒜香茄子 (茄子50g)	Stir-fried Mushrooms 素炒蘑菇 (香菇25g)
 SOUP	Corn & Radish Keel Soup 玉米萝卜龙骨汤 (胡萝卜5g, 玉米10g)	Sweet Potato Soup 番薯汤 (番薯15g)	Huaishan Old Chicken Soup 淮山老鸡汤 (淮山10g)	Red Bean soup 红豆汤 (红腰豆10g)	Big Bone Soup with White Gourd 冬瓜猪骨汤 (冬瓜15g)
 RICE	Steamed Rice 白米饭 (大米50g)	Steamed Oat Rice 燕麦饭 (大米40g, 燕麦10g)	Steamed Rice 白米饭 (大米50g)	Steamed Millet Rice 小米饭 (大米40g, 小米10g)	Steamed Rice 白米饭 (大米50g)
 DESSERT					
CONDIMENTS	Oil 食用油	Oil 食用油	Oil 食用油	Oil 食用油	Oil 食用油