

Training Center’s School Lunch Box Menu



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	Shrimp with Vegetables 七彩虾仁	Stir-fried Beef with Onion 洋葱炒牛肉	Pork Stew with Wax Melon 冬瓜炖猪肉	Steamed Corn Dumplings 蒸玉米饺子
	(鸡肉25g, 香菇20g, 胡萝卜5g)	(虾仁25g, 豌豆10g, 玉米粒7g, 胡萝卜8g)	(牛肉25g, 洋葱25g)	(猪瘦肉25g, 冬瓜25g)	(面粉15g, 猪肉15g, 玉米15g)
MAIN	Pork Sauce Noodles 猪肉酱意粉	French Style Braised Pork 法式烩猪肉	Crispy Chicken Breast 香酥鸡排	Spicy Duck Sauce 不辣鸭肉酱	Honey Chicken Wings 蜜汁鸡翅根
	(意粉30g, 猪肉15g, 洋葱12g, 西芹、胡萝卜、番茄酱各6g)	(猪肉20g, 胡萝卜20g, 西芹、洋葱5g, 奶油5g)	(鸡肉40g, 面粉5g, 鸡蛋5g)	(鸭肉40g, 西芹、胡萝卜、洋葱10g)	(鸡翅根50g)
SIDE	Sautéed Chinese Cabbage 清炒毛白菜	Steamed Corn 清蒸玉米棒	Scalded Choy Sum 白灼菜心	Fried Chinese Cabbage 清炒上海青	Sautéed Water Cabbage 清炒水白菜
	(毛白菜50g)	(玉米50g)	(菜心50g)	(上海青50g)	(水白菜50g)
SIDE	Fried Potato Cakes 炸薯饼	Western Style Broccoli 西式西兰花	Stewed Tomato & Eggplant 烩双茄	Boiled Corn on the Cob 水煮玉米棒	Scrambled Eggs with Tomatoes 番茄炒蛋
	(土豆50g)	(西兰花50g)	(茄子20g, 番茄25g, 彩椒5g)	(玉米棒50g)	(鸡蛋30g, 番茄20g)
SOUP	Corn & Radish Keel Soup 玉米萝卜龙骨汤	Sweet Potato Soup 番薯汤	Huaishan Old Chicken Soup 淮山老鸡汤	Red Bean soup 红豆汤	Big Bone Soup with White Gourd 冬瓜猪骨汤
	(胡萝卜5g, 玉米10g)	(番薯15g)	(淮山10g)	(红腰豆10g)	(冬瓜15g)
RICE	Steamed Rice 白米饭	Steamed Oat Rice 燕麦饭	Steamed Rice 白米饭	Steamed Millet Rice 小米饭	Steamed Rice 白米饭
	(大米50g)	(大米40g, 燕麦10g)	(大米50g)	(大米40g, 小米10g)	(大米30g)