



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

WEEK4

DATE

MONDAY

26 Sep

MAIN



Lemon & Herbs Risotto
柠檬香草意大利烩饭
(意大利米、奶油)

MAIN



Okonomi-Yaki
日式大阪烧
(鸡蛋、京包菜)

SIDE



Baked Beans
in Tomato Sauce
茄汁焗豆
(茄汁、黄豆)

SIDE



Garlic Cauliflower
蒜蓉炒花菜
(散花菜)

TUESDAY

27 Sep

Udon with Mixed
Vegetables
杂蔬乌冬
(乌冬面、胡萝卜、洋葱)

Fried Eggs with Tomatoes
番茄炒蛋
(番茄、鸡蛋)

Sweet Potato Fries
红薯薯条
(红薯)

Poached Choy Sum
白灼菜心
(菜心)

WEDNESDAY

28 Sep

Vegetarian Burrito with
Beans and Mushrooms
蔬菜杂豆蘑菇煎饼
(胡萝卜、红腰豆、香菇、
面饼)

Grilled Sweet Corn
with Herbs & Butter
香草黄油烤玉米
(玉米棒)

Grilled Bell Peppers
扒彩椒
(青、红、黄圆椒)

Garlic Chinese Cabbage
蒜蓉小白菜
(小白菜)

THURSDAY

29 Sep

Mixed Vegetable Stuff
Cannelloni
杂蔬酿卷筒面
(意面、胡萝卜、西芹、番
茄)

Mixed Bean Stew
烩杂豆
(青豆粒、鹰嘴豆、红腰
豆)

Baked Pumpkin
烤南瓜
(老南瓜)

Stir-fried Mixed
Mushroom
炒杂蘑菇
(香菇、白蘑菇、茶树菇)

FRIDAY

30 Sep

Vegetables Green Curry
蔬菜绿咖喱
(杏鲍菇、香菇、茶树菇)

Vegan Quiche
纯素蔬菜派
(西兰花、鸡蛋)

Steamed Rice
白米饭
(大米)

Leaf Mustard in Broth
上汤芥菜
(芥菜)