

# Weekly Menu

2022.9.26 – 2022.9.30



# 早餐 Breakfast

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

中式 Chinese Style	皮蛋瘦肉粥 Egg & Pork Congee	胡萝卜牛肉粥 Carrot And Beef Porridge	燕麦粥 Oatmeal	鸡丁玉米粥 Diced Chicken And Corn Porridge	菜干咸骨粥 Congee With Dried Vegetables And Salted Bones
	杂果羹 Mixed Fruit Soup	木瓜红枣百合 Papaya, Red Dates And Lily	木瓜银耳 Papaya & Fungus	南瓜西米露 Pumpkin Sago Pudding	桂花白果番薯 Osmanthus White Fruit & Sweet Potato
	黑糯米糕 Black Glutinous Rice Cake	肉沫蒸陈村粉 Steamed Pork Rice Noodles	煎饺子 Pan-fried Dumplings	鸡蛋炒河粉 Fried Noodles With Egg	小烧麦 Mini Siu Mai
西式 Western Style	牛仔肠 Beef Sausage	火腿片 Ham	鸡肉肠 Chicken Sausage	奶酪肠 Cheese Sausage	BBQ猪肉丸 BBQ Meat Balls
	卜卜米/牛奶 Rice Krispies/Milk	多种莓干麦片/牛奶 Dried Multi-berry Cereal /Milk	可可球/牛奶 Coco Balls/Milk	玉米片/牛奶 Corn Flakes / Milk	原味麦片/牛奶 Original Cereal/Milk
	牛奶吐司 Milk Toast	蒜香法棍 Garlic Baguette	原味吐司 Wheat Toast	小可颂 Little Corson	原味吐司 Wheat Toast
蛋制品 Egg Product	水煮蛋 Poached Eggs	茶叶蛋 Tea Egg	炒鸡蛋 Scrambled Eggs	卤蛋 Halogen Egg	蒸水蛋 Steamed Eggs

Menu



# 午餐 - 中西式套餐 Lunch - Chinese & Western Style Set Menu

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

<b>西式主菜</b> Western Main Dish	意式番茄焗鸡柳 Italian Baked Chicken Tenderloin With Tomatoes	柠檬汁鱼块 Fish In Lemon Sauce	蜜汁烤鸡翅 Grilled Chicken Wings With Honey Sauce	香草鸭胸 Vanilla Duck Breast	鸡肉汉堡 Chicken Burger
<b>中式主菜</b> Chinese Main Dish	土豆焖排骨 Potato Casserole With Pork Ribs	油豆腐焖牛腩 Braised Beef Brisket With Tofu	支竹炖红烧肉 Braised Pork With Bamboo	茶树菇炒牛肉 Stir-fried Beef With Tea Tree Mushrooms	黄豆炖元蹄 Soya Bean Stew With Pork
<b>蔬菜</b> Vegetable	水煮菜心 Boiled Vegetable Heart	清炒莴笋 Stir-fried Asparagus Lettuce	蒜香生菜 Garlic Lettuce	上汤冬瓜 Wax Gourd In Soup	清炒云南小瓜 Stir-fry Yunnan Melon
<b>例汤</b> Soup	枸杞瘦肉汤 Pork Soup With Goji	莲藕煲龙骨汤 Lotus Root With Pork Bone Soup	椰子煲老鸡汤 Old Chicken Soup With Coconut	木瓜红枣煲老鸡汤 Papaya And Red Dates With Old Chicken Soup	红萝卜玉米煲龙骨汤 Carrot And Corn With Pork Bone Soup
<b>西式主食</b> Western Staple Food	炸薯角 Fried Potato Corner	番茄酱意大利面 Pasta With Tomato Sauce	芝士焗土豆泥 Baked Mashed Potatoes With Cheese	罗勒汁烩意大利面 Pasta With Basil Sauce	水煮玉米 Boiled Corn
<b>中式主食</b> Chinese Staple Food	米饭 Rice	黑米饭 Black Rice	米饭 Rice	红薯米饭 Sweet Potato Rice	米饭 Rice
<b>水果</b> Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit

Menu



# 午餐 - 韩式套餐 Lunch - Korean Style Set Menu

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

韩式主菜 Korean Main Dish	韩式泡菜排骨 Korean Style Kimchi Pork	韩式炸鸡 Korean Fried Chicken	韩式酱土豆牛腩 Beef Brisket With Potatoes In Korean Sauce	韩式烤鸡腿肉 Korean Style Grilled Chicken Thighs	韩式鱿鱼五花肉 Korean Style Squid Pork
西式主菜 Western Main Dish	意式番茄焗鸡柳 Italian Baked Chicken Tenderloin With Tomatoes	柠檬汁鱼块 Fish In Lemon Sauce	蜜汁烤鸡翅 Grilled Chicken Wings With Honey Sauce	香草鸭胸 Vanilla Duck Breast	鸡肉汉堡 Chicken Burger
蔬菜 Vegetable	韩式小菜 Korean Small Plate	韩式小菜 Korean Small Plate	韩式小菜 Korean Small Plate	韩式小菜 Korean Small Plate	韩式小菜 Korean Small Plate
例汤 Soup	海带牛肉汤 Seaweed And Beef Soup	五花肉泡菜汤 Pork & Kimchi Soup	韩国豆腐汤 Korean Tofu Soup	海带豆腐汤 Kelp And Tofu Soup	五花肉大酱汤 Korean Pork Soup
主食 Staple food	炸薯角 Fried Potato Corner	番茄酱意大利面 Pasta With Tomato Sauce	芝士焗土豆泥 Baked Mashed Potatoes With Cheese	罗勒汁烩意大利面 Pasta With Basil Sauce	水煮玉米 Boiled Corn
	米饭 Rice	黑米饭 Black Rice	米饭 Rice	红薯米饭 Sweet Potato Rice	米饭 Rice
水果 Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit

Menu



# 点心 - 学生 Snack - Students

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

## 上午点心 Morning Snack

西式烘焙 (自制) Western Pastry (homemade)	麻薯 Mochi	巧克力饼干 Chocolate Cookies	蓝莓松饼 Blueberry Muffin	椰子饼干 Coconut Cookies	蜂蜜蛋糕 Honey Cake
饮品 Drink	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk

## 下午点心 Afternoon Snack

水果 Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit
饮品 Drink	香芋西米糖水 Taro And Sago Sugar Water	原味酸奶 Original Yogurt	红豆莲子百合糖水 Red Beans, Lotus Seeds And Lily Sugar Water	原味酸奶 Original Yogurt	木瓜雪耳糖水 Papaya And Snow Fungus Sugar Water

Menu

