



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 3 | Monday                                     | Tuesday                                       | Wednesday                        | Thursday                                                         | Friday                               |
|--------|--------------------------------------------|-----------------------------------------------|----------------------------------|------------------------------------------------------------------|--------------------------------------|
| Date   | 21 Nov                                     | 22 Nov                                        | 23 Nov                           | 24 Nov                                                           | 25 Nov                               |
| MAIN   | Steamed Eggs and Shrimps<br>虾仁蒸蛋           | Steamed fish with scallion and ginger<br>葱姜蒸鱼 | Taiwan Pork Stew<br>台湾卤肉         | Stir-fried shredded beef with white radish and pepper<br>白萝卜炒牛肉丝 | Chicken Stew with Potato<br>土豆炖鸡肉    |
|        | (鸡蛋30g, 虾仁20g)                             | (巴沙鱼50g 葱姜5g)                                 | (猪瘦肉20g, 土豆10g)                  | 牛肉35g,彩椒2g,白萝卜10g                                                | 鸡肉35g,土豆10g                          |
| MAIN   | Braised Beef with Daikon<br>(牛腩35g,白萝卜15g) | curry pork<br>(猪肉35g,土豆13g,牛奶3g)              | Chicken Teriyaki<br>(鸡腿肉30g)     | Minced Sauce (Non-spicy)<br>猪肉35g, 洋葱、芹菜、胡萝卜各5g                  | Hotdog<br>(面粉30g, 猪肉肠20g)            |
|        |                                            |                                               |                                  |                                                                  |                                      |
| SIDE   | Scalded Cabbage<br>白灼小白菜                   | Shanghai Green with Garlic<br>蒜蓉上海青           | Sauteed Chinese Cabbage<br>清炒毛白菜 | Garlic Choy Sum<br>蒜蓉菜心                                          | Spinach with Sesame<br>芝麻菠菜          |
|        | (白菜50g)                                    | (上海青50g)                                      | (毛白菜50g)                         | (菜心50g)                                                          | 菠菜50g, 芝麻2g                          |
| SIDE   | Roasted Pumpkin<br>烤南瓜                     | Braised Tofu with Mushroom<br>香蘑烧豆腐           | Stir-fried broccoli<br>炒西兰花      | tortilla chips<br>墨西哥玉米片                                         | Stir-fried shredded carrots<br>炒胡萝卜丝 |
|        | (南瓜50g)                                    | (豆腐40g, 蘑菇10g)                                | (西兰花45g,胡萝卜5g)                   | (玉米40g)                                                          | (胡萝卜45g,香芹5g)                        |
| SOUP   | Mung Bean Soup<br>绿豆汤                      | Bone Soup of White Gourd<br>冬瓜大骨汤             | Tomato and Egg Soup<br>番茄鸡蛋汤     | Chicken Soup with Agrocybe Cylindracea<br>茶树菇鸡汤                  | Pork Bone Soup with Kelp<br>裙带菜猪骨汤   |
|        | (绿豆10g)                                    | (冬瓜10g, )                                     | (番茄10g, 鸡蛋5g)                    | (茶树菇3g)                                                          | (裙海带10g)                             |
| RICE   | Steamed Rice<br>白米饭                        | Steamed Corn Rice<br>粟米饭                      | Steamed Rice<br>白米饭              | Steamed Oat Rice<br>燕麦饭                                          | Steamed Rice<br>白米饭                  |
|        | (大米50g)                                    | (大米30g, 玉米5g)                                 | (大米50g)                          | (大米45g, 燕麦5g)                                                    | (大米50g)                              |
|        |                                            |                                               |                                  |                                                                  |                                      |