

Training Center's School Lunch Chinese 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 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date	21 Nov	22 Nov	23 Nov	24 Nov	25 Nov
MAIN	Steamed Eggs and Shrimps 虾仁蒸蛋 (鸡蛋30g, 虾仁20g)	Steamed fish with scallion and ginger 葱姜蒸鱼 (巴沙鱼50g 葱姜5g)	Taiwan Pork Stew 台湾卤肉 (猪瘦肉20g, 土豆10g)	Stir-fried shredded beef with white radish and pepper 白萝卜炒牛肉丝 牛肉35g,彩椒2g,白萝卜10g	Hotdog 热狗包 面粉20g, 猪肉20g
MAIN	BBQ Char Siu 蜜汁叉烧 (猪肉50g)	Braised Beef with Daikon 萝卜牛腩 (牛腩35g,白萝卜15g)	Secret chicken wing root 秘制鸡翅根 (鸡翅根50g)	Small crumble meat 小酥肉 (鸡肉45g,面粉5g, 鸡蛋3g)	Scrambled Eggs with White Onions 洋葱炒鸡蛋 鸡蛋20g, 白洋葱30g
SIDE	Scalped Cabbage 白灼小白菜 (白菜50g)	Shanghai Green with Garlic 蒜蓉上海青 (上海青50g)	Sauteed Chinese Cabbage 清炒毛白菜 (毛白菜50g)	Garlic Choy Sum 蒜蓉菜心 (菜心50g)	Spinach with Sesame 芝麻菠菜 菠菜50g, 芝麻2g
SIDE	White Gourd 炒冬瓜 (冬瓜45g,)	Stir-fried Carrot with Celtuce 烩双丝 (胡萝卜20g, 莴笋30g)	Fried Yunnan Melon 炒云南小瓜 (小南瓜30g,番茄20g)	Bean with Olive Vegetable 榄菜豆角 (豆角45g, 橄榄菜5g)	Fried Assorted Vegetables 什锦炒素 黑木耳、胡萝卜、莲藕各15g, 圆椒5g
SOUP	Mung Bean Soup 绿豆汤 (绿豆10g)	Bone Soup of White Gourd 冬瓜大骨汤 (冬瓜10g,)	Tomato and Egg Soup 番茄鸡蛋汤 (番茄10g, 鸡蛋5g)	Chicken Soup with Agrocybe Cylindracea 茶树菇鸡汤 (茶树菇3g)	Pork Bone Soup with Kelp 裙带菜猪骨汤 (裙海带10g)
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 Corn Rice 玉米饭 (大米40g, 玉米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