

KOREAN

韩式餐盒

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

WEEK 4

DATE

MAIN



MAIN



SIDE



SIDE



RICE



MONDAY

21 Nov

Korean Stir-fried Pork
with Chili Sauce
韩式辣酱炒猪肉
猪梅肉

Korean Tofu
韩式豆腐
豆腐

Spinach with Sesame
菠菜配芝麻
菠菜

Korean Side Dish
韩国小菜
上海青

Steamed Rice
白米饭

TUESDAY

22 Nov

Korean teriyaki chicken
leg 韩式照烧鸡腿

Korean Pork Wrap with
Chinese Cabbage
韩式白菜包猪肉
大白菜猪肉

Pan-fried Egg
煎蛋
鸡蛋

Korean Side Dish
韩国小菜
土豆

Korean Bibimbap
韩式拌饭

WEDNESDAY

23 Nov

Stir-fried Shrimps
with Chili Sauce
韩式辣酱炒虾仁
虾仁

Korean Stir-fried
Vermicelli with Mixed
Vegetables
韩式杂菜炒粉条
洋葱粉条

Kimchi Cake
泡菜饼
大白菜

Korean Side Dish
韩国小菜
白萝卜

Steamed Rice
白米饭

THURSDAY

24 Nov

Korean Marinated Beef
韩式酱牛肉
牛肉

Stir-fried Fish Tofu
with Chili Sauce
韩式辣酱炒鱼腐
鱼豆腐

tortilla chips
墨西哥玉米片

Korean Side Dish
韩国小菜
小瓜

Steamed Mixed Grains
Rice
杂粮饭

FRIDAY

25 Nov

Korean Roasted Pork
Neck with Sauce
韩式烤猪颈肉
猪颈肉

Hotdog
热狗包

Korean Stir-fried Beef
with Cucumber
韩式青瓜炒牛肉
青瓜牛肉

Korean Side Dish
韩国小菜
菜心

Steamed Rice
白米饭