



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 3

DATE

MAIN



MAIN



SIDE



SIDE



MONDAY

21 Nov

黑椒炒意面

黄油烤胡萝卜

Scalded Cabbage
白灼小白菜

White Gourd
炒冬瓜

TUESDAY

22 Nov

彩椒芝士鸡蛋饼

烤南瓜

Shanghai Green with Garlic
蒜蓉上海青

Braised Tofu with
Mushroom
香蘑烧豆腐

WEDNESDAY

23 Nov

酱油彩椒炒面

炒西兰花

Sauteed Chinese Cabbage
清炒毛白菜

Braised Tofu with
Mushrooms and Peppers
香菇圆椒烩豆腐干

THURSDAY

24 Nov

蔬菜鸡蛋三明治

素食春卷

Garlic Choy Sum
蒜蓉菜心

tortilla chips
墨西哥玉米片

FRIDAY

25 Nov

玛格丽特薄饼

炸薯条

Spinach with garlic paste
蒜蓉菠菜

Fried Assorted Vegetables
什锦炒素