



Training Center’s School Lunch Box Menu



Remark 备注: The Menu is designed by Nom Nom Nutritionist, maybe changed anyway此菜单经农农营养师设计,落地可能有调整。It may has allergic ingredients本菜单有鱼虾豆蛋、牛奶、坚果等过敏源。

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Date	28 Nov	29 Nov	30 Nov	1 Dec	2 Dec
 MAIN	Stewed Curry Beef with Potatoes 咖喱牛肉粒	Crispy Basa Fish 爽脆巴沙鱼	Taiwan Pork Stew 台湾卤肉	Pork Stew with Daikon 猪肉炖萝卜	Fried Beef Silk with Onion 洋葱炒牛肉丝
	牛肉30g, 土豆35g, 胡萝卜5g	鱼肉50g, 面粉5g, 鸡蛋2g, 彩椒10g	猪瘦肉30g, 土豆35g, 胡萝卜5g	猪肉30g, 白萝卜40g	牛肉25g, 白洋葱25g
 MAIN	Pork Neck with Black Pepper Sauce 黑椒汁猪颈肉	Fried Pork with Celery 西芹炒肉丝	Fried Egg with Shrimp 虾仁滑蛋	Orleans Roast Chicken Chop 奥尔良烤鸡扒	Chicken Chabata 鸡肉恰巴塔
	猪肉35g, 洋葱15g	猪肉25g、西芹20g, 胡萝卜5g	鸡蛋20g, 虾仁15g, 鲜青豆15g	鸡肉40g, 洋葱10g	面粉30g, 鸡肉20g
 SIDE	Boiled Cabbage 蒜蓉毛白菜	Fried Beijing Cabbage 炒京包菜	Sautéed Shanghai Green 清炒上海青	Garlic Chinese Cabbage 蒜蓉小白菜	Fried Choy Sum 清炒油菜心
	毛白菜50g	包菜50g	上海青50g	小白菜50g	油菜心50g
 SIDE	Taro Balls 香芋丸子	Garlic Broccoli 蒜蓉西兰花	Tofu with Chicken Sauce 鸡汁酱豆腐	Scrambled Egg with Tomato 番茄炒鸡蛋	Boiled Con 水煮玉米
	面粉20g, 芋头粉20g	西兰花35g, 花椰菜15g	三角豆腐30g, 黑木耳、洋葱各10g	番茄30g, 鸡蛋20g	鲜玉米50g
 SOUP	Undaria pinnatifida and Dragon Bone Soup 裙带菜龙骨汤	Pear Tremella Soup 雪梨银耳汤	Chinese Yam&Pork Bone Soup 淮山鸡汤	Lotus Root& Dragon Bone Soup 莲藕龙骨汤	Western Style Pumpkin Soup 西式南瓜汤
	裙带菜10g	银耳2g, 雪梨10g	淮山10g	莲藕10g	南瓜15g, 奶油5g
 RICE	Steamed Rice 白米饭	Steamed Mixed Grains Rice 杂粮饭	Steamed Rice 白米饭	Steamed Mixed Grains Rice 杂粮饭	Steamed Rice 白米饭
	大米50g	大米45g, 小米5g	大米50g	大米45g, 燕麦5g	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
	豆油7g	豆油8g	豆油5g	豆油5g	豆油5g