



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 牛肉30g, 土豆35g, 胡萝卜5g	Crispy Basa Fish 爽脆巴沙鱼 鱼肉50g, 面粉5g, 鸡蛋2g, 彩椒10g	Taiwan Pork Stew 台湾卤肉 猪瘦肉30g, 土豆35g, 胡萝卜5g	Pork Stewed with Daikon 猪肉炖萝卜 猪肉30g, 白萝卜40g	Fried Beef Silk with Onion 洋葱炒牛肉丝 牛肉25g, 白洋葱25g
 MAIN	Fried Pork with Cauliflower 花椰菜炒肉 猪肉20g, 花椰菜30g	Sauteed Shredded Pork in Sweet Bean Sauce 京酱肉丝 猪肉25g, 大葱10g, 黄瓜15g	Boiled Quail Eggs 煮鹌鹑蛋 鹌鹑蛋50g	Roasted Chicken Leg 香烤鸡腿 鸡肉50g	Spicy Eggs 香卤鸡蛋 鸡蛋50g
 SIDE	Boiled Cabbage 蒜蓉毛白菜 毛白菜50g	Fried Beijing Cabbage 炒京包菜 包菜50g	Sautéed Shanghai Green 清炒上海青 上海青50g	Garlic Chinese Cabbage 蒜蓉小白菜 小白菜50g	Fried Choy Sum 清炒油菜心 油菜50g
 SIDE	Scrambled Egg with Tomato 番茄炒鸡蛋 番茄30g, 鸡蛋20g	Eggplant & Beans 茄子豆角 茄子30g, 豆角20g	Braised Vegetables 杂蔬高烩 莴笋、胡萝卜、鲜玉米、西芹各13g	Braised Bean Curd 红烧腐竹 腐竹35g, 香菇10g, 圆椒5g	Steamed Sweet Potato 蒸红薯 红薯50g
 SOUP	Undaria pinnatifida and Dragon Bone Soup 裙带菜龙骨汤 裙带菜10g	Pear Tremella Soup 雪梨银耳汤 银耳2g, 雪梨10g	Chinese Yam&Pork Bone Soup 淮山鸡汤 淮山10g	Lotus Root& Dragon Bone Soup 莲藕龙骨汤 莲藕10g	Western Style Pumpkin Soup 西式南瓜汤 南瓜15g, 奶油5g
 RICE	Steamed Rice 白米饭 大米50g	Steamed Mixed Grains Rice 杂粮饭 大米45g, 小米5g	Steamed Rice 白米饭 大米50g	Steamed Mixed Grains Rice 杂粮饭 大米45g, 燕麦5g	Steamed Rice 白米饭 大米50g
 DESSERT					
 CONDIMENTS	Oil 食用油 豆油5g	Oil 食用油 豆油8g	Oil 食用油 豆油6g	Oil 食用油 豆油5g	Oil 食用油 豆油5g