

Training Center's School Lunch Box 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 1	Monday	Tuesday	Wednesday	Thursday	Friday
Date	30 JAN	31 JAN	1 FEB	2 FEB	3 FEB
 MAIN	Steamed Chicken with Black Fungus 木耳蒸鸡	Pork Sauce with Mushroom 香菇肉酱	Fish with Sesame in Ginger Sauce 姜汁芝麻鱼	Fried Shredded Pork with Radish 白萝卜炒肉丝	Fried Beef with King Oyster Mushroom 杏鲍菇炒牛肉
	鸡肉25g, 干黑木耳3g, 胡萝卜5g	猪肉35g, 香菇10g, 洋葱, 西芹, 红腰豆5g	龙利鱼50g, 芝麻1g	猪肉30g, 白萝卜25g	牛肉20g, 杏鲍菇25g, 蒜苗5g
 MAIN	Hungarian Beef Braised with Potato Silk 匈牙利牛肉烧土豆	Fried zucchini with shrimp 虾仁炒西葫芦	Braised Pork with Celery and Onion 西芹洋葱烩猪肉	Chicken Steak with Vanilla 香草鸡扒	Spaghetti with bolognese sauce 肉酱意粉
	牛肉25g, 土豆15g, 西红柿、洋葱各5g	虾仁35g、西葫芦20g	猪肉20g, 洋葱10g, 西芹20g	鸡肉50g	面粉40g, 猪肉25g, 洋葱、胡萝卜、西芹15g
 SIDE	Boiled Fresh Corn 水煮鲜玉米	Mexican Potato Chips 墨西哥薯片	Taro & Sweet Potato Balls 香芋地瓜丸	Scrambled Eggs with Tomatoes 番茄炒蛋	Sweet and Sour Diced Lotus Root 糖醋藕丁
	玉米50g	土豆40g	香芋30g, 面粉10g	番茄25g, 鸡蛋25g	莲藕50g
 SIDE	Fried Chinese Cabbage 清炒奶白菜	Fried Chrysanthemum Nankingense 清炒菊花菜	Cabbage Heart with Minced Garlic 蒜蓉菜心	Fried Chinese Cabbage 清炒上海青	Sautéed Chinese Cabbage 清炒毛白菜
	(奶白菜50g)	(菊花菜50g)	(菜心50g)	(上海青50g)	(毛白菜50g)
 SOUP	Pork Bone Soup with White Radish 白萝卜猪骨汤	Red Bean Soup 红豆汤	Carrot and Corn Bone Soup 胡萝卜玉米大骨汤	Pumpkin Veloute 南瓜浓汤	Chinese Yam & Black Bone Chicken Soup 淮山乌鸡汤
	白萝卜10g	红豆3g	胡萝卜、玉米各5g	老南瓜10g	淮山10g, 红枣2g
 RICE	Steamed Rice 白米饭	Steamed Millet Rice 小米饭	Steamed Rice 白米饭	Steamed Oat Rice 燕麦饭	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30g
 DESSERT	dessert点心	dessert点心	dessert点心	dessert点心	dessert点心
 CONDIMENTS	Oil 食用油	Oil 食用油	Oil 食用油	Oil 食用油	Oil 食用油
	非转基因豆油8g	非转基因豆油8g	非转基因豆油8g	非转基因豆油8g	非转基因豆油8g