



Training Center's School Lunch Chinese 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。

Week2	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 鸡肉25g，干黑木耳3g，胡萝卜5g	Pork Sauce with Mushroom 香菇肉酱 猪肉35g，香菇10g，洋葱，西芹，红腰豆5g	Fish with Sesame in Ginger Sauce 姜汁芝麻鱼 龙利鱼50g，芝麻1g	Fried Shredded Pork with Radish 白萝卜炒肉丝 猪肉30g，白萝卜25g	Fried Beef with King Oyster Mushroom 杏鲍菇炒牛肉 牛肉20g，杏鲍菇25g，蒜苗5g
MAIN	Stewed Pork with White Gourd 冬瓜炖猪肉 猪肉25g，冬瓜20g，彩椒5g	Beef with Tomato 番茄牛肉 牛肉25g，番茄25g	Fried Shredded Pork with Carrot 胡萝卜炒肉丝 猪肉30g，胡萝卜25g	Fried Shrimp with Cucumber&Corn 青瓜玉米粒炒虾仁 虾仁20g，玉米粒15g，青瓜10g，胡萝卜5g	Marinated Quail Eggs 卤鹌鹑蛋 鹌鹑蛋50g
SIDE	Cauliflower with Garlic 蒜香花椰菜 花椰菜50g	Fried Lotus Root 清炒莲藕 莲藕45g，胡萝卜5g	King Oyster Mushroom in Oyster Sauce 蚝油杏鲍菇 杏鲍菇40g，蒜苗10g	Braised Tomato & Eggplant 烩双茄 茄子25g，番茄25g	Fried Tofu 香煎豆腐 北豆腐45g，小葱5g
SIDE	Fried Chinese Cabbage 清炒奶白菜 (奶白菜50g)	Fried Chrysanthemum Nankingense 清炒菊花菜 (菊花菜50g)	Cabbage Heart with Minced Garlic 蒜蓉菜心 (菜心50g)	Fried Chinese Cabbage 清炒上海青 (上海庆50g)	Sautéed Chinese Cabbage 清炒毛白菜 (毛白菜50g)
SOUP	Pork Bone Soup with White Radish 白萝卜猪骨汤 白萝卜10g	Red Bean Soup 红豆汤 红豆3g	Carrot and Corn Bone Soup 胡萝卜玉米大骨汤 胡萝卜、玉米各5g	Pumpkin Veloute 南瓜浓汤 老南瓜10g	Chinese Yam & Black Bone Chicken Soup 淮山乌鸡汤 淮山10g，红枣2g
RICE	Steamed Rice 白米饭 大米50g	Steamed Millet Rice 小米饭 大米45g，小米5g	Steamed Rice 白米饭 大米50g	Steamed Oat Rice 燕麦饭 大米45g，燕麦5g	Steamed Rice 白米饭 大米30g
DESSERT	dessert点心	dessert点心	dessert点心	dessert点心	dessert点心
CONDIMENTS	Oil 食用油 非转基因豆油8g	Oil 食用油 非转基因豆油8g	Oil 食用油 非转基因豆油8g	Oil 食用油 非转基因豆油8g	Oil 食用油 非转基因豆油8g