






KOREAN

韩式餐盒

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	30 JAN	31 JAN	1 FEB	2 FEB	3 FEB
 MAIN	Korean Marinated Pork 韩式卤肉 猪梅肉	Korean Fried Chicken 韩式炸鸡 鸡腿肉	Korean Roasted Pork Chop 韩式烤猪排 猪肉	New Orleans Grilled Chicken Wing 新奥尔良烤鸡翅 鸡翅	Korean Stir-fried Beef 韩式炒肥牛 肥牛卷
 MAIN	Sushi with Dried Meat Floss 肉松寿司 大米, 海苔, 肉松, 胡萝卜	Braised Tofu with Beef Mince & Korean Chili 韩式辣酱牛肉沫烧豆腐 牛肉, 豆腐	Fried Mince Meat Roll with Korean Chili Sauce 韩式辣酱炒肉卷 肉卷, 圆椒	Korean Rolled Omelet 韩式煎蛋卷 鸡蛋	Stir-fried Rice Cake with Cheese 芝士炒年糕 年糕
 SIDE	Cauliflower with Garlic 蒜香花椰菜 花椰菜	Boiled Fresh Corn 水煮鲜玉米 鲜玉米	Korean Stir-fried Broccoli 韩式炒西兰花 西兰花	Braised Tomato & Eggplant 烩双茄 茄子, 番茄	Korean Stir-fried Squid 韩式煎豆腐
 SIDE	Korean Side Dish 韩国小菜 油麦菜	Korean Side Dish 韩国小菜 菜心	Korean Side Dish 韩国小菜 娃娃菜	Korean Side Dish 韩国小菜 白菜苔	Korean Side Dish 韩国小菜 上海青
 RICE	Steamed Rice 白米饭	Steamed Mixed Grains Rice 杂粮饭	Korean Bibimbap 韩式拌饭	Steamed Mixed Grains Rice 杂粮饭	Steamed Rice 白米饭