



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	30 JAN	31 JAN	1 FEB	2 FEB	3 FEB
MAIN 	Vegetarian Pancake 素食煎饼 (面饼、云南小瓜、茄瓜、圆椒)	Pan-fried Tofu with Dutch Beans 香煎豆腐配荷兰豆 (老豆腐、荷兰豆)	Vegetarian Burrito with Beans & Mushrooms 素鹰嘴豆蘑菇卷 (面饼、鹰嘴豆、香菇)	Vegan Yellow Curry 素食黄咖喱 (土豆、胡萝卜)	Baked Lemon Pasta & Spinach 柠檬菠菜焗意粉 (意粉、菠菜、奶油)
MAIN 	Braised Bean Curd 红烧腐竹 (腐竹、香菇、胡萝卜)	Mediterranean Frittata 地中海风味烤蛋饼 (鸡蛋、云南小瓜)	Fried Egg 香煎鸡蛋 (鸡蛋)	Braised Mixed Vegetables with Eggs 鸡蛋烩杂蔬 (鸡蛋, 青豆, 玉米, 黄瓜)	Braised Mixed Beans 烩杂豆 (青豆粒、鹰嘴豆、红腰豆)
SIDE 	Cauliflower with Garlic 蒜香花椰菜 (花椰菜)	Fried Lotus Root 清炒莲藕 (莲藕、胡萝卜)	Homestyle Tofu 家常豆腐 (北豆腐, 蒜苗, 干黑木耳)	Braised Tomato & Eggplant 烩双茄 (番茄, 茄子)	Fried Tofu 香煎豆腐 (北豆腐, 小葱)
SIDE 	Mexican Potato Chips 墨西哥薯片 (土豆)	Boiled Fresh Corn 水煮鲜玉米 (鲜玉米)	Taro & Sweet Potato Balls 香芋地瓜丸 (香芋, 面粉)	Fried Chinese Cabbage 清炒上海青 (上海青)	Scrambled Eggs with Tomatoes 番茄炒蛋 (番茄, 鸡蛋)