




MS/HS MENU						
Counter 柜台	Item 项目	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
Week 41		5-Jun	6-Jun	7-Jun	8-Jun	9-Jun
World Kitchen 世界厨房 (Set Menu套餐) 	Western Protein 西餐荤菜	烤鸡胸配罗勒意面 Pesto Pasta w/ Roasted Chicken Breast	法式焖鸭腿 Duck Confit	培根披萨 Bacon Pizza	乡村烤肉 Roasted Pork	
	Starch 淀粉/主食		烤面包片 Toast Bread		卡真土豆 Cajun Potato	
	Vegetable 蔬菜	西兰花 Broccoli	烤蔬菜 Roasted Vegetable	花椰菜西兰花 Cauliflower & Broccoli	菠菜胡萝卜 Spinach & Carrot	
	Soup 汤	罗宋汤 Minestrone	西湖芙蓉羹 Egg & Mushroom Soup	海带豆腐汤 Kelp Tofu Soup	酸辣汤 Hot and Sour Soup	
	Dessert /Snack 甜品	胡萝卜蛋糕 Carrot Cake	布朗尼蛋糕 Brownie Cake	蔓越莓蛋糕 Cranberry Cake	原味蛋糕 Plain Cake	
	Special Dish 特色西餐	番茄肉酱芝士焗面/甜品 Baked Spaghetti Bolognese/Dessert	蘑菇鸡肉披萨/甜品 Mushroom Chicken Pizza/Dessert	番茄肉丸焗饭/甜品 Baked Rice w/ Meatball & Tomato Sauce/Dessert	夏威夷披萨/甜品 Hawaii Pizza/Dessert	
Asian Kitchen 亚洲厨房 (Set Menu套餐) 	Asian Protein 亚洲荤菜	萝卜炖牛腩 Braised Beef w/ Turnip	左宗菜鸡 General Tso's Chicken	本帮酱鸭 Braised Duck	葱烤大排 Pork Fillet w/ Scallion	
	Asian Protein 亚洲荤菜	芙蓉鸡片 Fried Chicken w/ Egg	肉末藕夹 Root Lotus w/ Minced Pork	西红柿炒鸡蛋 Fried Egg w/ Tomato	茭白肉丝 Fried Shredded Pork w/ Zizania	
	Vegetable 蔬菜	广东菜心 Cantonese Vegetable	炒小青菜 Fried Local Vegetable	蒜泥菠菜 Spinach w/ Garlic	炆炒生菜 Fried Lettuce	
	Starch 淀粉/主食	白米饭 Steamed Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	
	Soup 汤	罗宋汤 Minestrone	西湖芙蓉羹 Egg & Mushroom Soup	海带豆腐汤 Kelp Tofu Soup	酸辣汤 Hot and Sour Soup	
	Dessert /Snack 甜品	胡萝卜蛋糕 Carrot Cake	布朗尼蛋糕 Brownie Cake	蔓越莓蛋糕 Cranberry Cake	原味蛋糕 Plain Cake	
Twisted Beet 健康素食	Super Food 超级健康餐	罗勒鸡肉谷物健康碗 Basil Chicken Breast Health Bowl	金枪鱼谷物健康碗 Tuna Health Bowl	别样肉三明治 Beyond Meat Sandwich	牛肉谷物健康碗 Beef Health Bowl	
	Basic Vegetarian 基础素食套餐	西兰花鸡蛋牛油果健康碗(V) Broccoli Egg Avocado Health Bowl	西兰花鸡蛋紫薯健康碗(V) Broccoli Egg Purple Potato Health Bowl	西兰花鸡蛋三角豆健康碗(V) Broccoli Egg and Triangle Bean Health Bowl	西兰花鸡蛋红薯南瓜健康碗(V) Broccoli Egg Sweet Potato Health Bowl	
Chef Special 主厨推荐 (Premium/Carving)		叉烧 广东菜心 蛋炒饭 甜品 Barbecued Pork Cantonese Vegetable Fried Egg w/ Rice Dessert	热狗 薯条 色拉 甜品 Hot Dog Fried Fries Salad Dessert	韩式炸鸡 时令蔬菜 泡菜炒饭 甜品 Fried Chicken Seasonal Vegetable Fried Kimchi w/ Rice Dessert	烤羊排 烤小土豆 西兰花 甜品 Roasted Lamb Chop Roasted Potato Broccoli Dessert	
		咖喱虾仁拌饭 Rice Bowl w/ Curry Shrimp	肉丝青菜炒面 Fried Noodles w/ Shredded Pork and Green Vegetables	日式烧鸡拌饭 Rice Bowl w/ Teriyaki Chicken	海鲜炒乌冬面 Fried Udon w/ Seafood	
Powered by plants 健康园 POWERED BY PLANTS		今日自选色拉 Salad of Today				
Live Noodles 面档 	Noodles/Dumplings 面条/饺子	猪肉水饺/卤蛋/蔬菜 Pork Dumplings/Boiled Egg/Vegetable	酸菜牛肉面/煎蛋/蔬菜 Beef Noodles w/ Pickled Chinese Cabbage/Fried Egg/Vegetable	海鲜叻沙/卤蛋/蔬菜 Laksa/Boiled Egg/Vegetable	辣肉面/煎蛋/蔬菜 Spicy Pork Noodle/Fried Egg/Vegetable	