

EC Weekly Menu

Counter 柜台	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
Week 6	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Week 6	奶油罗勒海鲜意面 Seafood Pasta with Cream Sauce 	德式烤香肠 German Style Sausage 	芝士披萨 Cheese Pizza 	英式炸鱼 Fish & Chips 	
	烤面包片 Roasted Bread Chips 	蒸紫薯 Steamed Purple Sweet Potato 		薯条 Fresh Fries 	
	日式照烧鸡 Japanese Style Teriyaki Roasted Chicken 	青豆虾仁炒蛋 Stir-fried Shrimps with Egg and Green Bean 	西红柿炖牛肉 Braised Beef with Tomato 	四喜丸子 Meat Ball with Soy Sauce 	
	西兰花胡萝卜 Broccoli Carrot 	菌菇娃娃菜 Mushroom Baby Chinese Cabbage 	混色色拉 Mixed Salad 	莴笋胡萝卜 Asparagus Lettuce Carrot 	
	白米饭 Steamed Rice 	白米饭 Steamed Rice 	白米饭 Steamed Rice 	白米饭 Steamed Rice 	
	原味蛋糕 Plain Cake 	巧克力蛋糕 Chocolate Cake 	大理石蛋糕 Marble cake 	鲜肉月饼 Roasted Pork Mooncake 	
	香蕉/健康蔬菜 Banana/Mixed Vegetable 	西瓜/健康蔬菜 Watermelon/Mixed Vegetable 	哈密瓜/健康蔬菜 Honey Melon/Mixed Vegetable 	橙子/健康蔬菜 Orange/Mixed Vegetable 	
Drink 饮品	Milk/Yogurt/Apple juice/Orange juice/Soy milk 牛奶/酸奶/苹果汁/橙汁/豆奶				