



CuteBento

宝贝便当

SIS Jingshan Site Lunchbox



11.27-12.1

	星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY
主菜 A Meat Dish A	西班牙烩牛肉 Beef Stroganoff	青豆虾饼 Steamed Green Bean and Shrimp Cake	芋头焖鸭 Stewed Duck with Taro	新奥尔良烤鸡腿 Orleans Roasted Chicken Thighs	烧汁烩鱼柳 Braised Fish Fillet with BBQ Sauce
主菜 B Meat Dish B	家常腐竹焖梅肉 Braised Pork with Bean Curd	客家冬瓜焖鸡 Stewed Chicken with Winter Melon in Hakka Style	西葫芦炒肉 Stir Fried Pork with Zucchini	田园小炒肉 Sautéed White Mushrooms and Carrots	翡翠猪肉 Stir Fried Pork with Cucumber and Water Chestnuts
蔬菜 A Vegetable Dish A	金沙焗豆腐 Baked Tofu with Salted Egg Yolk	西红柿烩花菜 Braised Cauliflower with Tomato	时蔬蒸蛋羹 Steamed Egg Soup with Seasonal Vegetables	咖喱烩土豆 Curry Braised Potatoes	番茄炒鸡蛋 Scrambled Eggs with Tomato
蔬菜 B Vegetable Dish B	白灼奶白菜 Stir-fried Milk Cabbage	焗小土豆 Baked Potatoes	上汤枸杞娃娃菜 Braised Cabbage in Pork Soup	清炒上海青 Stir-fried Shanghai Cabbage	清炒菠菜 Stir-fried Spinach
主食 Crop	三丝意粉 Spaghetti with Shredded Peppers and Onions	藜麦米饭 Quinoa Rice	香米饭 Rice	奶油番茄蝴蝶粉 Farfalle Carbonara	荞麦紫薯饭 Buckwheat and Purple Potato Rice

因供应等原因, 部分食材或有差异, 以当天实际出品为准 (Reference only, Please refer to the actual items available on the day)

SELECTED INGREDIENTS EVERY DAY FRESH FOOD

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	星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY
早点 Morning Snack	蓝莓面包 Blueberry Bread	胡萝卜棒餐包 Carrot Bread	蔓越莓餐包 Cranberry Bun	迷你丹麦 Danish	卡仕达餐包 Cream Bread
	牛奶 Weidendorf Whole Milk	牛奶 Weidendorf Whole Milk	牛奶 Weidendorf Whole Milk	牛奶 Weidendorf Whole Milk	牛奶 Weidendorf Whole Milk
下午点 Afternoon Snack	绿豆饼 Green Bean Cake	奶油酥 Cream Crisps	原味鸡蛋糕 Plain Cake	全麦餐包 Wholewheat Bun	巧克力蛋糕 Chocolate Cake
	苹果 Apple	香梨 Pear	海南香蕉 Banana	无籽红提 Grapes	苹果 Apple

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