



Menu

Weekly Menu

2023.11.27 – 2023.12.01



PEOPLE MAKE PLACES



早餐 Breakfast



周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

中式 Chinese Style	冬菇牛肉粥 Congee With Mushroom And Beef	疙瘩汤 Home-style Dough Drop Soup	胡萝卜鸡丝粥 Congee With Carrot And Chicken	皮蛋瘦肉粥 Congee With Minced Pork And Preserved Egg	菜干咸骨粥 Dried Vegetable and Salted Bone Congee
	萝卜糕 Turnip Cake	韭菜饼 Chinese Leek Pancake	肉包 Steamed Pork Bun	馒头 Buns	马蹄糕 Steamed Water Chestnut Cake
	鸡蛋炒河粉 Fried Rice Noodles With Egg	牛肉蒸布拉肠 Steamed Beef Rice Noodles	豉油皇炒面 Fried Noodles with Soy Sauce	青椒卤肉面 Marinated Pork Noodles with Green Peppers	肉丝炒陈村粉 Fried Rice Noodles With Shredded Pork
西式 Western Style	鸡肉肠 Chicken Sausage	烤火腿 Grilled Ham	福州肉燕馄饨 Fuzhou Pork Wonton	煎培根 Fried Bacon	黑椒洋葱炒薯 Fried Potato with Black Pepper and Onion
	卜卜米/牛奶 Rice Krispies/Milk	多种莓干麦片/牛奶 Multi-berry Cereal /Milk	可可球/牛奶 Coco Balls/Milk	玉米片/牛奶 Corn Flakes / Milk	原味麦片/牛奶 Original Cereal/Milk
	燕麦吐司 Oatmeal Toast	芝麻包 Sesame Bun	红丝绒蛋糕 Red Velvet Cake	豆沙包 Bean Bun	香葱火腿包 Chives and Ham Bun
蛋制品 Egg Product	水煮蛋 Boiled Egg	茶叶蛋 Tea Egg	炒鸡蛋 Scrambled Egg	卤蛋 Spiced Egg	蒸水蛋 Steamed Egg

Menu





午餐 - 中西式套餐 Lunch - Chinese & Western Style Set Menu

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

西式主菜 Western Main Dish	咖喱土豆鸡 Curry Chicken with Potatoes	西班牙猎人炖鸭 Spanish Hunter's Duck Stew	匈牙利炖牛肉 Hungarian Beef Stew	法式芥末籽酱焗巴沙鱼 French Mustard Bake Fish	洋葱焗猪柳 Roast Pork Fillet with Onion
中式主菜 Chinese Main Dish	橄榄菜肉沫炒豆角 Stir-Fried Green Beans with Minced Olives	酱烧排骨 Braised Spare Ribs in Brown Sauce	沙姜鸡 Ginger Chicken	酸菜红烧肉 Braised Pork with Pickled Cabbage	肉片烧玉子豆腐 Braised Pork Slices with Jade Seeds and Tofu
蔬菜 Vegetable	盐水菜心 Salt Green Tender	蒜蓉炒苋菜 Garlic Vegetables	蒜香西兰花 Garlic Broccoli	蒜香油麦菜 Garlic Lettuce	清炒小白菜 Stir-Fried Cabbage
例汤 Soup	平菇肉沫滚汤 Mushroom Minced Pork Soup	芥菜豆腐鱼头汤 Fish Head Soup with Mustard Bean Curd	沙白冬瓜瘦肉汤 Sabaek Winter Melon Lean Meat Soup	玉米马蹄煲龙骨 Pork Bone Soup with Corn & Water Chesnut	西湖牛肉羹 West Lake Beef Soup
西式主食 Western Staple Food	茄汁烩直通粉 Straight Noodles in Tomato Sauce	烤紫薯泥 Baked Purple Potato	奶油吞拿鱼焗通粉 Creamy Tuna Macaroni	水煮玉米 Boiled Corn	香草烤土豆 Baked Potato with Herb
中式主食 Chinese Staple Food	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
水果 Fruit	苹果 Apple	梨 Pear	橘子 Orange	火龙果 Dragon Fruit	哈密瓜 Cantaloup

Menu



午餐 - 韩式套餐 Lunch - Korean Style Set Menu



Menu

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

韩式主菜 Korean Main Dish	韩式豆芽烤肉 Korean Grilled Pork with Bean Sprout	韩式鱼柳 Korean Fish Fillet	韩式年糕炖鸡 Korean Style Chicken Stew with Rice Cake	韩式糖醋肉 Korean Sweet & Sour Pork	韩式烤鸡腿 Korean Style Grilled Chicken Legs
西式主菜 Western Main Dish	咖喱土豆鸡 Curry Chicken with Potatoes	西班牙猎人炖鸭 Spanish Hunter's Duck Stew	匈牙利炖牛肉 Hungarian Beef Stew	法式芥末籽酱焗巴沙鱼 French Mustard Bake Fish	洋葱焗猪柳 Roast Pork Fillet with Onion
蔬菜 Vegetable	拌杂菜 Mixed Vegetables	泡菜 Kimchi	天妇罗炸杂菜 Mixed Fried Tempura Vegetables	海草 Seaweed	拌豆芽 Mixed Bean Sprout
例汤 Soup	嫩豆腐辣白菜汤 Kimchi Tofu Soup	韩国豆腐肉沫大酱汤 Korean Soybean Soup with Tofu And Minced Pork	海带牛肉汤 Beef Seaweed Soup	五花肉泡菜汤 Pork Kimchi Soup	海带豆腐汤 Tofu Seaweed Soup
主食 Staple food	茄汁烩直通粉 Straight Noodles in Tomato Sauce	烤紫薯泥 Baked Purple Potato	奶油吞拿鱼焗通粉 Creamy Tuna Macaroni	水煮玉米 Boiled Corn	香草烤土豆 Baked Potato with Herb
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
水果 Fruit	苹果 Apple	梨 Pear	橘子 Orange	火龙果 Dragon Fruit	哈密瓜 Cantaloup



点心 - 学生 Snack - Students



周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

上午点心 Morning Snack

西式烘焙 (自制) Western Pastry (homemade)	奶酪包 Cheese Bun	蓝莓卷 Blueberry roll	曲奇饼干 Cookie	提子包 Raisin Bread	莲蓉包 Lotus Seed Paste Bun
饮品 Drink	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk

下午点心 Afternoon Snack

水果 Fruit	圣女果 Cherry Tomatoes	哈密瓜 Cantaloup	火龙果 Dragon Fruit	苹果 Apple	香蕉 Bananas
饮品 Drink	芋圆绿豆沙 Green Bean Paste with Taro Balls	木瓜雪耳红枣 Papaya, Snow Ear and Red Dates	原味酸奶 Original Yogurt	红枣番薯糖水 Sweet Potato & Red Dates Sweet Soup	原味酸奶 Original Yogurt

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