

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
				PIZZA DAY		BURGER DAY
	week 36	6-May	7-May	8-May	9-May	10-May
World Kitchen 世界厨房 (Set Menu套餐)	Western Protein 西餐荤菜	肉酱意面 Spaghetti Bolognese	墨西哥风味鸡肉 Mexican Flavored Stewed Chicken	匈牙利炖牛肉 Hungarian Stewed Beef	BBQ烤猪柳 Roasted Pork Tenderloin with BBQ Sauce	英式炸鱼配塔塔酱 Fried Fish Fillet with Tartar Sauce
	Starch 淀粉/主食	黄油面包片 Butter Bread Chips	炸玉米片配番茄莎莎 Frid Corn Chips with Tomato Salsa	土豆泥 Mashed Potato	烤玉米 Roasted Corn	乡村小土豆 Roasted Baby Potato
	Vegetable 蔬菜	花椰菜&西兰花 Cauliflower & Broccoli	菠菜胡萝卜 Spinach & Carrot	青豆&菌菇 Green Peas & Mushroom	西兰花胡萝卜 Broccoli & Carrot	蔬菜色拉 Mixed Salad
	Soup 汤	番茄蔬菜汤 Tomato & Vegetable Soup	奶油培根土豆浓汤 Cream Bacon Potato Soup	罗宋汤 Borscht Soup	玉米浓汤 Corn Soup	南瓜汤 Pumpkin Soup
	Dessert /Snack 甜品	原味蛋糕 Plain Cake	巧克力蛋糕 Chocolate Cake	芝士蛋糕 Cheese Cake	南瓜蛋糕 Pumpkin Cake	胡萝卜蛋糕 Carrot Cake
	Special Dish 特色西餐	海鲜芝士焗饭 Seafood Cheese Baked Rice	咖喱丸子焗饭 Curry Cheese Meatball Baked Rice	芝士焗牛肉 Cheese Beef Parmigiana	番茄鸡肉焗面 Tomato Chicken Baked Pasta	白汁培根芝士意面 Bacon Cheese Pasta in Cream Sauce
Asian Kitchen 亚洲厨房 (Set Menu套餐)	Asian Protein 亚洲荤菜	酱香牛腩 Beef Brisket Simmered in Soy Sauce	笋烧肉 Braised Pork with Bamboo Shoot In Brown Sauce	葱油鸡 Scallion Oil Chicken	香酥鸭 Crispy Roasted Duck	糖醋排骨 Sweet & Sour Pork Strips
	Asian Protein 亚洲荤菜	白菜肉丝 Shredded Pork with Chinese Cabbage	笋烧鸡丝 Shredded Chicken with Asparagus Lettuce	麻婆豆腐 Mapo Tofu	番茄炒蛋 Scramble Egg with Tomato	芹菜香干鸡丝 Shredded Chicken Celery & Dried Bean Curd
	Vegetable 蔬菜	蒜泥生菜 Garlic Lettuce	杭白菜 Sautéed Chinese Cabbage	香菇菜心 Sautéed Baby Greens with Mushroom	清炒菠菜 Sautéed Spinach	清炒茼蒿 Sautéed Crown Daisy
	Starch 淀粉/主食	白米饭/紫米饭 Steamed Rice/Multigrain Rice	白米饭/紫米饭 Steamed Rice/Multigrain Rice	白米饭/紫米饭 Steamed Rice/Multigrain Rice	白米饭/紫米饭 Steamed Rice/Multigrain Rice	白米饭/紫米饭 Steamed Rice/Multigrain Rice
	Soup 汤	番茄蔬菜汤 Tomato & Vegetable Soup	海带豆腐味噌汤 Seaweed & Tofu Miso Soup	罗宋汤 Borscht Soup	酸辣汤 Spicy and Sour Soup	榨菜蛋汤 Egg & Pickle Mustard Soup
	Dessert /Snack 甜品	原味蛋糕 Plain Cake	巧克力蛋糕 Chocolate Cake	芝士蛋糕 Cheese Cake	南瓜蛋糕 Pumpkin Cake	胡萝卜蛋糕 Carrot Cake
Twisted Beet 健康餐食	Super Food 超级健康餐	日式照烧鸡健康碗 Teriyaki Chicken Grain Bowl	迷迭香烤牛肉健康碗 Rosemary Beef Healthy Bowl	金枪鱼健康碗 Tuna Healthy Bowl	台式卤肉健康碗 Taiwan Braised Minced Pork Healthy Bowl	鲷鱼健康碗 Pan-fried Snapper Healthy Bowl
	Basic Vegetarian 基础素食套餐	焗豆/老豆腐/西兰花/鸡蛋/紫薯/紫米饭/素食意面 Baked Bean/Tofu/Broccoli/Egg/Purple Potato/Purple Rice/Vegetarian Pasta	鹰嘴豆/腐竹/西兰花/鸡蛋/玉米/紫米饭/素食乌冬面 Chickpeas/Dry Bean curd Stick/Broccoli/Egg/Purple Rice/Vegetarian Udon	红腰豆/香干/西兰花/鸡蛋/红薯/紫米饭/素食披萨 Red Kidney Bean/Dry Bean Curd/Broccoli/Egg/Sweet Potato/Purple Rice/Vegetarian Pizza	白芸豆/油豆腐/西兰花/鸡蛋/南瓜/紫米饭/素食墨西哥卷 White Kidney Bean/Oily Bean Curd/Broccoli/Egg/Pumpkin/Purple Rice/Mexican Vegetarian Warp	三角豆/油豆腐/西兰花/鸡蛋/南瓜/紫米饭/素食披萨 Chickpeas/Oily Bean Curd/Broccoli/Egg/Sweet Potato/Purple Rice/Vegetarian Pizza
Chef Special 主厨推荐 (Premium/Carving)		锅包肉 香肠炒饭 虾片 广东菜心 甜品 Fried Pork in Scoop Sausage Fried Rice Prawn Crackers Choy Sum Dessert	芝士鸡肉酥皮卷 蒜香西兰花 薯条 甜品 Cheese Chicken Pastry Roll Garlic Broccoli Fries Dessert	萨拉米披萨 原味鸡块 蔬菜色拉 甜品 Salami Pizza Chicken Nuggets Salad Dessert	炸猪排 咖喱蔬菜 煎饺 甜品 Fried Pork Cutlet Vegetable Curry Pan-fried Dumpling Dessert	牛肉芝士汉堡 薯条 蔬菜片 甜品 Beef Cheese Burger French Fries Vegetable Chips Dessert
	Noodles Bar 面档	白菜猪肉水饺/煎蛋 Pork Cabbage Dumpling/Fried Egg	海鲜叻沙/煮蛋/蔬菜 Singapore Seafood Laksa/Boiled Egg/Vegetable	葱烤大排面/煮蛋/蔬菜 Scallion Roasted Pork Cutlet Noodles/Boiled Scallion/Vegetable	日式咖喱鸡肉面/煮蛋/蔬菜 Japanese Chicken Curry Noodles/Boiled Egg/Vegetable	手工牛肉拉面/煎蛋/蔬菜 Handmade Beef Noodles/ Fried Egg/Vegetable

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				PIZZA DAY		BURGER DAY
week 37		13-May	14-May	15-May	16-May	17-May
World Kitchen 世界厨房 (Set Menu套餐)	Western Protein 西餐荤菜	奶油培根意面 Cream Bacon Pasta 	爱尔兰焗鸡 Irish Stewed Chicken 	孜然烤牛肉 Cumin Roasted Beef 	乡村烤肉 Country Style Roasted Pork 	烤鸭胸配蔓越莓汁 French Roasted Duck with Cranberry Sauce
	Starch 淀粉/主食	烤面包片 Roasted Bread Chips 	番茄拌饭 Tomato Mixed Rice 	香烤土豆 Roasted Potato 	葡萄干中东小米 Middle Eastern Millet with Raisin 	土豆泥 Mashed Potato
	Vegetable 蔬菜	西兰花及玉米粒 Broccoli & Corn 	菠菜胡萝卜 Spinach Carrots 	蔬菜色拉 Mixed Salad 	西兰花及花椰菜 Cauliflower & Broccoli 	蔬菜色拉 Mixed Salad
	Soup 汤	蔬菜浓汤 Vegetable Soup 	胡萝卜浓汤 Cream Carrot Soup 	罗宋汤 Borscht Soup 	玉米浓汤 Corn Soup 	奶油土豆汤 Cream Bacon Potato Soup
	Dessert /Snack 甜品	原味蛋糕 Plain Cake 	巧克力蛋糕 Chocolate Cake 	芝士蛋糕 Cheese Cake 	大理石蛋糕 Marble Cake 	南瓜蛋糕 Pumpkin Cake
	Special Dish 特色西餐	蘑菇鸡肉芝士焗饭 Mushroom Chicken Cheese Baked Rice 	番茄牛肉焗意面 Beef & Tomato Baked Pasta 	培根意式土豆丸 Italian Bacon Potato Balls 	培根芝士焗土豆 Cheese Bacon Baked Potato 	黑椒牛肉意面 Black Pepper Beef Pasta
Asian Kitchen 亚洲厨房 (Set Menu套餐)	Asian Protein 亚洲荤菜	水煮牛肉 Poached Beef in Hot Chili Oil 	肉饼炖蛋 Steamed Minced Pork with Egg 	可乐鸡翅 Cola Chicken Wings 	酸菜鱼 Boiled Fish with Pickled Cabbage 	百叶结红烧肉 Braised Pork with Bean Curd Sheet in Brown Sauce
	Asian Protein 亚洲荤菜	本帮炒素 Shanghai Style Sautéed Vegetables 	鱼香肉丝 Yuxiang Flavored Shredded Pork 	酸辣土豆丝 Hot Spicy Potato Shreds 	肉沫冬瓜 Minced Pork with Wax Ground 	葱油芋艿 Scallion Oil Taro
	Vegetable 蔬菜	蒜泥生菜 Garlic Lettuce 	清炒菠菜 Stir-fried Spinach 	广东菜心 Sautéed Choy Sum 	杭白菜 Sautéed Chinese Cabbage 	清炒小青菜 Sautéed Baby Greens
	Starch 淀粉/主食	白米饭/紫米饭 Steamed Rice/Multigrain Rice	白米饭/紫米饭 Steamed Rice/Multigrain Rice	白米饭/紫米饭 Steamed Rice/Multigrain Rice	白米饭/紫米饭 Steamed Rice/Multigrain Rice	白米饭/紫米饭 Steamed Rice/Multigrain Rice
	Soup 汤	蔬菜浓汤 Vegetable Soup 	西湖芙蓉羹 Egg & Mushroom Soup 	番茄冬瓜汤 Tomato & Wax Ground Soup 	紫菜虾皮汤 Prawn Skin Soup with Seaweed 	鸡蛋豆腐羹 Egg Tofu Thick Soup
	Dessert /Snack 甜品	原味蛋糕 Plain Cake 	巧克力蛋糕 Chocolate Cake 	芝士蛋糕 Cheese Cake 	大理石蛋糕 Marble Cake 	南瓜蛋糕 Pumpkin Cake
Twisted Beet 健康餐食	Super Food 超级健康餐	日式照烧鸡健康碗 Teriyaki Chicken Grain Bowl 	迷迭香烤牛肉健康碗 Rosemary Roasted Beef Healthy Bowl 	金枪鱼健康碗 Tuna Healthy Bowl 	卡真鸡胸健康碗 Cajun Chicken Breast Healthy Bowl 	京葱猪里脊健康碗 Scallion Roasted Pork Tenderloin Healthy Bowl
	Basic Vegetarian 基础素食套餐	焗豆/老豆腐/西兰花/鸡蛋/紫薯/ 紫米饭/素食意面 Baked Bean/Tofu/Broccoli/Egg/Purple Potato/Purple Rice/Vegetarian Pasta 	鹰嘴豆/腐竹/西兰花/鸡蛋/玉米/紫米 饭/素食乌冬面 Chickpeas/Dry Bean curd Stick/Broccoli/Egg/Purple Rice/Vegetarian Udon 	红腰豆/香干/西兰花/鸡蛋/红薯/紫米饭/ 素食披萨 Red Kidney Bean/Oily Bean Curd/Broccoli/Egg/Sweet Potato/Purple Rice/Vegetarian Pizza 	土豆/油豆腐/西兰花/鸡蛋/南瓜/紫 米饭/素食炒乌冬 Potato/Oily Bean Curd/Broccoli/Egg/Pumpkin/Pu rple Rice/Stirred-fried Vegetarian Udon 	白芸豆/老豆腐/西兰花/鸡蛋/中东小 米/紫米饭/别样肉蛋墨西哥卷 White Kidney Bean/Firm Tofu/Broccoli/Egg/Pumpkin/Pur ple Rice/Mexican Beyond Meat Wrap
Chef Special 主厨推荐 (Premium/Carving)		热狗 蔬菜色拉 薯角 甜品 Hot Dog Mixed Salad Wedges Dessert 	牛肉干层面 土豆泥色拉 西兰花胡萝卜 甜品 Beef Lasagna Mashed Potato Salad Broccoli & Carrots Dessert 	芝士披萨 原味鸡块 蔬菜色拉 甜品 Cheese Pizza Chicken Nuggets Mixed Salad Dessert 	韩式炸鸡 银芽/黄瓜丝/胡萝卜丝 韩式泡菜炒年糕 甜品 Korean Fried Chicken Bean Sprouts/Cucumber Shreds/Carrots Shreds Korean Rice Cake with Kimchi Dessert 	酸瓜猪肉汉堡 蔬菜色拉 薯条 甜品 Pork Burger with Cornichon French Fries Vegetable Chips Dessert
		Noodles Bar 面档	芹菜猪肉水饺/煎蛋 Pork Celery Dumpling/Fried Egg 	海鲜沙茶荞麦面/煮蛋/蔬菜 Seafood Satay Soba Noodles/Boiled Egg/Vegetable 	炸酱面/煮蛋/蔬菜 Noodles with Soybean Paste/Boiled Egg/Vegetable 	越南酸辣猪肉粉/煮蛋/蔬菜 Vietnam Meatball Pho/Boiled Egg/Vegetable