

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 27	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
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	
	Starch 淀粉/主食	黄油面包片 Butter Bread Chips	墨西哥辣味饭 Mexican Hot Spiced Rice	土豆泥 Mashed Potato	烤玉米 Roasted Corn	
	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	
	Soup 汤	番茄蔬菜汤 Tomato & Vegetable Soup	玉米浓汤 Corn Soup	罗宋汤 Borscht Soup	奶油培根土豆汤 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	南瓜蛋糕 Pumpkin Cake	
	Special Dish 特色西餐	海鲜芝士焗饭 Seafood Cheese Baked Rice	番茄鸡肉焗面 Tomato Chicken Baked Pasta	芝士焗牛肉 Cheese Beef Parmigiana	咖喱丸子焗饭 Curry Cheese Meatball Baked Rice	
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	
	Asian Protein 亚洲荤菜	白菜肉丝 Shredded Pork with Chinese Cabbage	笋笋鸡丝 Shredded Chicken with Asparagus Lettuce	麻婆豆腐 Mapo Tofu	番茄炒蛋 Scramble Egg with Tomato	
	Vegetable 蔬菜	蒜泥生菜 Garlic Lettuce	清炒菠菜 Sautéed Spinach	香菇菜心 Sautéed Baby Greens with Mushroom	杭白菜 Sautéed Chinese Cabbage	
	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	
	Soup 汤	榨菜蛋汤 Egg & Pickle Mustard Soup	海带豆腐味噌汤 Seaweed & Tofu Miso Soup	罗宋汤 Borscht Soup	酸辣汤 Spicy and Sour 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	
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	
	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 Beancurd 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/Bry Tofu/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/Oil Tofu/Broccoli/Egg/Pumpkin/Purple Rice/Mexican Vegetarian Wrap	
Chef Special 主厨推荐 (Premium/Carving)	锅包肉 香肠炒饭 虾片 广东菜心 甜品 Nasi Goreng Sausage Fried Rice Prawn Crackers Choy Sum Dessert	惠林顿猪肉 玉米色拉 烤土豆 甜品 Pork Wellington Corn Salad Roasted Potato Dessert	萨拉米披萨 鸡米花 蔬菜色拉 甜品 Salami Pizza Chicken Nuggets Salad Dessert	日式猪排 咖喱蔬菜 日式炒饭 甜品 Japanese Pork Cutlet Vegetable Curry Japanese Fried Rice Dessert		
Noodles Bar 面档	白菜猪肉水饺/煎蛋/蔬菜 Pork Cabbage Dumpling/Fried Egg/Vegetable	海鲜叻沙/煮蛋/蔬菜 Singapore Seafood Laksa/Boiled Egg/Vegetable	葱烤大排面/煮蛋/蔬菜 Sautéed Pork Cutlet Noodles with Fried Scallion/ Fried Egg/Vegetable	酸菜牛肉面/煮蛋/蔬菜 Braised Beef Noodles with Pickled Cabbage/Fried Egg/Vegetable		

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				PIZZA DAY		BURGER DAY
week 28		11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
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	爱尔兰炖鸡 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 Barised Pork with Bean Curd Sheet in Brown Sauce
	Asian Protein 亚洲荤菜	本帮炒素 Shanghai Style Stauted 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 Sauteed Choy Sum	杭白菜 Sauteed Chinese Cabbage	清炒小青菜 Sauteed 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 SChicken 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 Beancurd 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/Bry Tofu/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/Oil Tofu/Broccoli/Egg/Pumpkin/Purple Rice/Stir-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/Oil Tofu/Broccoli/Egg/Pumpkin/Purple Rice/Mexican Beyond Meat Wrap
Chef Special 主厨推荐 (Premium/Carving)	蜂蜜猪排 蔬菜色拉 薯角 甜品 Honey Pork Chop 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 银牙/黄瓜丝/胡萝卜丝/泡菜 韩式炒年糕 甜品 Fried Chicken Bean Sprouts/Cucumber Shreds/Carrots Shreds/Kimchi Vegetable & Kimchi Dessert	双层猪肉芝士汉堡 蔬菜色拉 薯条 甜品 Burger French Fries Vegetable Chips Dessert	
Noodles Bar 面档	芹菜猪肉/煎蛋/蔬菜 Pork Dumpling/Fried Egg/Vegetable	海鲜沙茶荞麦面/煮蛋/蔬菜 Seafood Satay Soba Noodels/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 Vitenam Meatball Pho/Boiled Egg/Vegetable	牛肉刀削面/煎蛋/蔬菜 Beef Shaved Noodles/Fried Egg/Vegetable	