

BREAKFAST 早餐

| | Monday (星期一) 10/30 | Tuesday (星期二) 10/31 | Wednesday (星期三) 11/01 | Thursday (星期四) 11/02 | Friday (星期五) 11/03 |
|--|--|--|--|--|--|
|  | Glass-noodle Bun 粉丝包 | Steamed Grain Bun with Preserved Vegetable 窝窝头配肉沫外婆菜 | Beef Pancake 牛肉煎包 | Shredded Radish Pie 手工萝卜丝馅饼 | Steamed Dumpling 蒸饺 |
| | Pancake 酱香饼 | Pumpkin Cake/Shandong Pancake 南瓜蜂糕/山东煎饼 | Shanghai Rice Cake 上海米饭饼 | Steamed Bun 刀切馒头 | Steamed Brown Sugar Sponge Cakee/Shandong Pancake 红糖发糕/山东煎饼 |
| | Deep-fried Egg 虎皮鸡蛋 | Steamed Egg 蒸鸡蛋 | Marinated Egg 卤水鸡蛋 | Fried Egg 炒鸡蛋 | Tea Egg 茶叶蛋 |
| | Shrimp Congee with Egg 虾仁滑蛋粥 | Pear and Goqi Berry Congee 雪梨枸杞小米粥 | Minced Pork Congee 皮蛋瘦肉粥 | Red Bean Congee 红豆粥 | Soy Bean Milk 咸浆 |
| | Vegetable 蔬菜 | Vegetable 蔬菜 | Vegetable 蔬菜 | Vegetable 蔬菜 | Vegetable 蔬菜 |
|  | Roasted Potato 烤土豆 | Braised Eggs 意大利红烩蛋 | Roasted Tomato 烤番茄 | Over-Medium Egg 西式煎蛋 | Roasted Zucchini 烤西葫芦 |
| | Homemade French Toast 自制法兰西多士 | Sweet Corn 玉米棒 | Scramble Egg with Bacon 培根炒鸡蛋 | Taro 香芋 | Chicken Patty & Omelette Burger 肉饼欧姆蛋汉堡 |
| | | Ham 火腿 | | Chicken Sausage 鸡肉早餐肠 | |
| | Cereal and Coix Congee 麦片薏米粥 | Oatmeal 麦片粥 | Cereal and Quinoa Porridge 麦片藜麦粥 | Oatmeal 麦片粥 | Cereal and Coix Congee 麦片薏米粥 |
| Roasted Mushroom 烤蘑菇 | Garlic Bread 大蒜面包 | Petit Bread 法式小面包 | Brown Bread 德国黑面包 | Roast Sweet Potato 烤红薯 | |
|  | | Shanghai Fried Noodles with Egg and Shredded Pork 上海肉丝炒面 | Mini Pork Wuntun 猪肉小馄饨 | Fried Rice with Sausage 腊肠橄榄菜炒饭 | Shanghai Noodles with Assorted Vegetable 本帮素浇面 |
| | | | Condiments Selection 葱, 香菜, 榨菜丝, 老干妈, 生抽, 醋 | | Condiments Selection 葱, 香菜, 榨菜丝, 老干妈, 生抽, 醋 |
|  | Toast Selection 牛奶土司, 全麦吐司 | Toast Selection 牛奶土司, 全麦吐司 | Toast Selection 牛奶土司, 全麦吐司 | Toast Selection 牛奶土司, 全麦吐司 | Toast Selection 牛奶土司, 全麦吐司 |
| | Jam Selection (Strawberry, Orange, Butter) 草莓酱/橘子酱/小黄油 | Jam Selection (Strawberry, Orange, Butter) 草莓酱/橘子酱/小黄油 | Jam Selection (Strawberry, Orange, Butter) 草莓酱/橘子酱/小黄油 | Jam Selection (Strawberry, Orange, Butter) 草莓酱/橘子酱/小黄油 | Jam Selection (Strawberry, Orange, Butter) 草莓酱/橘子酱/小黄油 |
| | Daily Cereal with Milk 可可求, 葡萄干, 蔓越莓干, 芝麻饼干 | Dried Fruits 水果脆 | Dried Fruits 水果脆 | Dried Fruits 水果脆 | Dried Fruits 水果脆 |
| | Daily Cereal with Yogurt 玉米片, 葡萄干, 蔓越莓干, 酸奶 | Daily Cereal with Milk 脆圈圈, 葡萄干, 蔓越莓干, 牛奶 | Daily Cereal with Yogurt 卜卜米, 葡萄干, 蔓越莓干, 酸奶 | Daily Cereal with Yogurt 麦片, 葡萄干, 蔓越莓干, 酸奶 | |
| Fruit/Drink | Fruit/Yogurt/Yakult/Milk/Juice /Soybean Milk 水果/酸奶/养乐多/牛奶/果汁/豆浆 | Fruit/Yogurt/Yakult/Milk/Juice /Soybean Milk 水果/酸奶/养乐多/牛奶/果汁/豆浆 | Fruit/Yogurt/Yakult/Milk/Juice /Soybean Milk 水果/酸奶/养乐多/牛奶/果汁/豆浆 | Fruit/Yogurt/Yakult/Milk/Juice /Soybean Milk 水果/酸奶/养乐多/牛奶/果汁/豆浆 | Fruit/Yogurt/Yakult/Milk/Juice /Soybean Milk 水果/酸奶/养乐多/牛奶/果汁/豆浆 |

LUNCH 午饭

| | Monday (星期一) 10/30 | Tuesday (星期二) 10/31 | Wednesday (星期三) 11/01 | Thursday (星期四) 11/02 | Friday (星期五) 11/03 |
|---|--|---|--|---|--|
|  | Stir-fried Beef with Scrambled Egg 顺德滑蛋牛肉 | Braised Pork Feet with Southern Tofu sauce 南乳焖猪手 |  Chilli Chicken 米椒小公鸡 | Crispy Deep-fried Duck 香酥鸭 | Deep-fried Fish 避风塘炸鱼柳 |
| | Stir-fried Shredded Pork with Pepper & Potato 青椒土豆肉丝 | Stewed Egg Cake 农家高汤烩蛋饺 | Salt Pork with Bamboo Shoot 白马玉笋 | Fried Egg with Luffa 丝瓜炒蛋 | Stir-fried Shredded Chicken with Green Bean 毛豆米炒鸡丝 |
| | Sautéed Spinach 菠菜 | Stir-fried Leaf Lettuce 油麦菜 | Green Vegetables 杭白菜 | Bok Choy 青菜 | Amaranthus 米苋 |
| | Steamed Organic Rice 有机米饭 | Red Sticky Rice 血糯米饭 | Steamed Rice 米饭 | Steamed Rice 米饭 | Steamed Black Rice 黑米饭 |
|  | Grilled Pork Fillet in Texas Sauce 德州烧烤猪排 | Roasted Chicken Leg with Thailand Basil Spice 泰式九层塔烤鸡腿 | Braised Seafood in Red Curry & Coconut Creamy 椰香红咖喱海鲜 | Brazilian Roasted Pork with Honey Mustard Sauce 巴西炭烤猪肉配黄芥末酱 |  Korean Kimchi Pork Bibimbap 韩式猪五花拌饭 |
| | Asparagus & Carrot 芦笋&胡萝卜 | Roasted Eggplant/Tomato 烤茄子/番茄 | Broccoli/Sweet Corn 西兰花/玉米 | Grilled Zucchini / Sweet Corn 烤西葫芦/玉米段 | |
| | Mini Potatoes with Vanilla 香草迷你土豆 | Curry Rice with Green Pea 咖喱青豆炒饭 | Garlic Bread 大蒜面包 | Buttered Potato 黄油土豆 | |
|  | Chicken Leg Noodles with Scallion oil 卤鸡腿葱油拌面 | Seafood Laksa Noodle 海鲜叻沙面 | Mushrooms and Pork Wontun 香菇猪肉馄饨 | Beef Rice-noodle Soup 闽南牛肉米线 | Braised Shredded Duck Noodles 蚝油鸭片面 |
|  | Mushroom with Chicken Pesto Rice 青酱蘑菇鸡肉烩饭 | Spaghetti with Seafood in Cuttlefish Sauce 墨鱼汁海鲜意大利直面 | Penne with Tomato & Sausage Sauce 番茄香肠意大利通心粉 | Chicken Fajitas 鸡肉卷 | Spaghetti Bolognese 经典牛肉酱意大利直面 |
| Vegetarian | Fried Rice-noodle with Assorted Vegetable & Egg 蔬菜鸡蛋炒米线 | Vegetarian Tuna Sandwich with Baked Potato 素金枪鱼三明治配烤土豆 | Braised Japanese Dofu with Needle Mushroom/Rice/Bok Choy 金菇玉子豆腐/米饭/青菜 | Spaghetti with Vegetarian Beef & Mushroom 素牛肉菌菇意面 | Fried Vegetarian Beef with Black Pepper /Vegetable/Rice 黑椒素牛肉粒/杭白菜/米饭 |
| Daily Soup | Preserved Vegetable with Egg Soup 榨菜蛋汤 | Broccoli Soup 奶油西兰花汤 | Tofu and Vegetable with Egg Soup 青菜豆腐羹 | Borsch Soup 罗宋汤 | Seaweed Soup with Egg 紫菜蛋汤 |
| Dessert/Fruit/Drink | Banana Cake/Fruit/Yogurt/Yakult/Milk/Juice 香蕉蛋糕/水果/酸奶/养乐多/牛奶/果汁 | Halloween Cookies/Fruit/Yogurt/Yakult/Milk/Juice 万圣节饼干/水果/酸奶/牛奶/果汁 | Strawberry Cake /Fruit/Yogurt/Yakult/Milk/Juice 草莓蛋糕/水果/酸奶/养乐多/牛奶/果汁 | Chiffon Cake/Fruit/Yogurt/Yakult/Milk/Juice 戚风蛋糕/水果/酸奶/养乐多/牛奶/果汁 | Muffin /Fruit/Yogurt/Yakult/Milk/Juice 麦芬/水果/酸奶/养乐多/牛奶/果汁 |

DINNER 晚饭

| | Monday (星期一) 10/30 | Tuesday (星期二) 10/31 | Wednesday (星期三) 11/01 | Thursday (星期四) 11/02 | Friday (星期五) 11/05 |
|---|--|---|--|---|--|
|  | Fried Shrimp with Salted Egg Sauce 咸蛋黄大虾 | Braised Chicken with Mandarin Sauce 左中棠鸡块 |  Fried Beef with Pepper 小炒黄牛肉 | Beef Cubes with Orange Peel Sauce 陈皮牛肉粒 | Guangdong Roasted Duck 广式烤鸭 |
| | Diced Pork with Green Pea and Dried Tofu 香干毛豆炒肉丁 | Fried Shredded Pork with Loofah 丝瓜烩肉丝 | Braised Egg with Tomato 番茄炒蛋 | Sliced Pork with Green Pepper & Chinese Yam 青椒山药木耳肉片 | Steamed Shrimp with Egg 虾仁蒸蛋 |
| | Green Vegetables 杭白菜 | Green Vegetables 鸡毛菜 | Vegetable 蓬蒿菜 | Bok Choy 青菜 | Lettuce 生菜 |
| | Steamed Rice 米饭 | Corn Rice 玉米饭 | Steamed Rice 米饭 | Peas Rice 青豆饭 | Steamed Rice with Grain 杂粮饭 |
|  | Japanese Deep-fried Chicken on Rice 日式鸡排盖饭 | Bavarian stewed Beef with Beer 巴伐利亚啤酒红烩牛肉 | Türkiye Roasted Chicken 土耳其风味烤鸡 | Provence Stuffed Fish with Tomato 普罗旺斯番茄酿鱼 | Pork Fillet in Black Pepper Sauce 黑胡椒猪排 |
| | | Squash /Carrot 西葫芦/胡萝卜 | Snow Bean/Grilled Peppers 荷兰豆/煎甜椒 | Green Pea/Cauliflower 青豆/花菜 | Mini Carrots/Grilled Mushroom 迷你胡萝卜/烤蘑菇 |
| | Vegetable & Potato Curry 蔬菜咖喱土豆 | Couscous 中东米 | Roast Sweet Potato 烤红薯 | Mashed Potato 土豆泥 | Rice Pilaf 肉汁饭 |
|  | Pork & Corn Dumpling 猪肉玉米饺子 |  Sichuan style Stewed Pork Noodles 川香回锅肉面 | Soba Noodles with Pork Tonkatsu 日式荞麦面配脆猪排 | Braised Duck Noodle 本帮酱鸭面 | |
|  | Spaghetti with Bacon & Black Olive 黑橄榄培根炒意大利直面 | Oven Baked Chicken Macaroni with Cheese 烤弯管面配奶油芝士鸡肉 | Salami Pizza 萨拉米披萨 | Oven Baked Pork & Tomato Rice 番茄猪肉芝士焗饭 | |
| Vegetarian | Vegetarian Tortilla/Avocado Salsa/Cherry Tomato 墨西哥蔬菜卷/牛油果酱/圣女果 | Vegetarian on Rice/Green Vegetable/Rice 素食锦盖饭/蓬蒿菜/米饭 | Swedish Z-rou Ball with Mashed Potatoes 株肉瑞典肉丸配土豆泥 | Z-rou sauce Noodle 罗汉炸酱面 | |
| Daily Soup | Towel Gourd with Egg Soup 丝瓜蛋汤 | Minestrone 意大利蔬菜汤 | Pork with Turnip Soup 萝卜肉丝汤 | Mushroom Soup 蘑菇汤 | Potato and Egg Soup 土豆鸡蛋汤 |
| Dessert/Fruit/Drink | Butter Cake/Fruit Yogurt/Yakult/Milk/Juice 黄油蛋糕/水果/酸奶/牛奶/果汁 | Cheese Cake/Fruit/Yogurt/Yakult/Milk/Juice 芝士蛋糕/水果/酸奶/养乐多/牛奶/果汁 | Coco Cake /Fruit/Yogurt/Yakult/Milk/Juice 可可蛋糕/水果/酸奶/牛奶/果汁 | Egg Tart/Fruit/Yogurt/Yakult Milk/Juice 蛋挞/水果/酸奶/牛奶/果汁 | Blueberry Cake /Fruit/Yogurt/Yakult/Milk/Juice 蓝莓蛋糕/水果/酸奶/牛奶/果汁 |