

BREAKFAST 早餐

	Monday (星期一) 11/06	Tuesday (星期二) 11/07	Wednesday (星期三) 11/08	Thursday (星期四) 11/09	Friday (星期五) 11/10
	Glutinous Rice with Pork Ball 刺毛团	Beef with Radish Pancake 萝卜丝牛肉饼	Shrimp with Vegetable Pastry 虾仁菜饼	Pork and Rice Cake 香煎糯米饼	Pork with Cabbage Bun 酸菜猪肉包
	Sweet Purple Potato Bun 紫薯甜心	Chinese Pastry/Shandong Pancake (home-made) 千层油糕/山东煎饼	Brown Sugar Cake 红糖发糕	Sweet Corn Cake 玉米方糕	Shanghai Rice Roll(home-made)/Pumpkin Cake 粢饭团/南瓜饼
	Tea Egg 茶叶蛋	Marinated Egg 卤水鸡蛋	Steamed Egg 蒸鸡蛋	Fried Egg 小葱炒鸡蛋	Boiled Egg 白煮蛋
	Mushroom and Fish Congee 香菇鱼片粥	Red Bean Congee 红豆粥	Pork Congee with Egg 猪肉蛋花粥	Sweet Potato Congee 香郁红薯粥	Steamed Beef and Egg Congee 牛肉滑蛋粥
	Vegetable 蔬菜	Vegetable 蔬菜	Vegetable 蔬菜	Vegetable 蔬菜	Vegetable 蔬菜
	Ham & Cheese Omelet 火腿芝士欧姆蛋	Mexican Chicken & Cheese Burrito 墨西哥菠菜芝士鸡肉卷	Fried Egg 荷包蛋	Pork & Cheese Parnini 猪肉芝士帕尼尼	Roasted Tomato 烤番茄
	Hash Brown 薯饼		Pumpkin 南瓜		Scramble Egg with Mushroom and Bacon 蘑菇培根炒鸡蛋
	Oatmeal 麦片粥		Pork Sausage 猪肉肠		Oatmeal 麦片粥
	Raisin Bread Ball 葡萄干面包小球	Oatmeal 麦片粥	Cereal and Coix Congee 麦片薏仁粥	Cereal and Coix Congee 麦片薏仁粥	Oatmeal 麦片粥
		Squash/Carrot 西葫芦/胡萝卜	Pancake 西式煎饼	Spinach 菠菜	Brioche 法国黄油面包
		Shanghai Bean Curd with Vermicelli 油豆腐粉丝汤	Noodle Soup with Tomato & Egg 番茄鸡蛋炒刀削	Wuhan Mixed Noodle with Sesame Sauce 武汉热干面	 Spicy Wonton 红油抄手
		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	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 苹果脆/猕猴桃脆/草莓脆	Dried Fruits 香蕉脆/苹果脆/猕猴桃脆	Dried Fruits 香蕉脆/苹果脆/草莓脆	Dried Fruits 香蕉脆/猕猴桃脆/草莓脆
		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 麦片, 葡萄干, 蔓越莓干, 酸奶	Daily Cereal with Milk 卜卜米, 葡萄干, 蔓越莓干, 牛奶
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) 11/06	Tuesday (星期二) 11/07	Wednesday (星期三) 11/08	Thursday (星期四) 11/09	Friday (星期五) 11/10
	Sauteed Beef with Mushroom 杏鲍菇牛肉	BBQ Pork 本帮叉烧	Cantonese Braised Chicken 豉油鸡	Shanxi Braised Pork 山西过油肉	Duck Wings with Three Delicious 三杯鸭翅根
	Fried Squid with Mix Vegetable 小炒皇	Fried Shredded Chicken with Water Bamboo Shoot 三色茭白炒鸡丝	Minced Pork with Bean 肉沫豇豆	Ham with Preserved Egg & Baby Cabbage 上汤娃娃菜	Fried Egg with Tomato 番茄炒鸡蛋
	Vegetable 蓬蒿菜	Sweet Potato Leaves 地瓜叶	Green Vegetables 广东菜心	Vegetable 油麦菜	Green Vegetables 青菜
	Steamed Rice 米饭	Steamed Rice with Mung Bean 绿豆饭	Steamed Organic Rice 有机米饭	Steamed Rice with Cereal 杂粮饭	Steamed Rice 米饭
	Roasted Chicken with Sambal Chili 桑巴酱烤鸡	Roasted Crumb Fish with Pimiento Sauce 蒸鱼柳配奶油水瓜柳汁	Japanese Beef Curry Rice 日式咖喱牛肉饭	Mediterranean Roasted Chicken with Cream Cheese 地中海风味焗奶酪鸡腿	American Pork with Balsamic BBQ Sauce 美式熏猪腿肉配黑醋烧烤酱
	Broccoli/Carrot 西兰花/胡萝卜	Okra/Cherry Tomato 秋葵/圣女果		Snow Bean/ Eggplant 荷兰豆/茄子	Roasted Tomato/Sweet Corn 烤番茄/玉米粒
	Nasi Lakma 椰浆饭	Garlic Potato 香蒜土豆		Polenta 玉米糊	Baked Jacket Potato 烤锡纸土豆
	Pork & Green Vegetable Wontun 荠菜猪肉馄饨	Braised Chicken with Noodle 大盘鸡刀削面	Japanese Noodles with Roasted Pork 日式烧肉浓汤面	Oden (Curry) 关东煮 (咖喱)	Seafood Noodle in Sacha Soup 海鲜沙茶面
	Seafood & Basil Pizza 海鲜罗勒匹萨	Pasta with Classic (Chicken) Sauce 鸡肉奶油意大利扁身面	Cottage Pie(Beef) /Broccoli 英式牛肉乡村派/西兰花	Spaghetti with Pork Meat Sauce 猪肉酱意大利直面	Pasta with Creamed Bacon 奶油培根意面
Vegetarian	Fried Vegetarian Beef with Rice Cake Strips/Green Vegetable 素牛肉炒年糕粒/青菜	Baked Vegetarian Tuna Pie 素金枪鱼蔬菜派	Dofu in Vegetarian Salted Egg Sauce/Rice/Vegetable 咸蛋黄三鲜豆腐/米饭/油麦菜	Vegetarian Ball with Rice 瑞典蔬菜丸子配黄芥末酱/米饭	Fried Rice-noodle with Veg & Egg 鸡蛋蔬菜炒河粉
Daily Soup	Cauliflower with Cream Soup 奶油花菜汤	West Lake Beef Soup 西湖牛肉羹	Miso Soup 味噌汤	Borsch Soup 罗宋汤	Pork and Winter Melon Soup 冬瓜肉片汤
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	Chocolate Cake/Fruit/ Yogurt/Yakult/Milk/Juice 巧克力蛋糕/水果/酸奶/养乐多/牛 奶/果汁	Orange Cake/ Fruit/Yogurt/Yakult/Milk/Juice 橙味蛋糕/水果/酸奶/养乐多/牛奶/ 果汁	Brownie/Fruit/Yogurt/Yakult/Milk/ Juice 布朗尼/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

DINNER 晚饭

	Monday (星期一) 11/06	Tuesday (星期二) 11/07	Wednesday (星期三) 11/08	Thursday (星期四) 11/09	Sunday (星期日) 11/12
	Hainanese Chicken Rice 海南鸡饭	Braised Beef Ball 皇品牛肉狮子头	Cantonese Sweet & Sour Fish 荔枝酸甜鱼	Braised Pork Trotter with Soybeans 红烧黄豆猪手	Steamed Pork with Spice Rice Flour 粉蒸肉
	Sweet and Sour Lotus Root 糖醋藕夹	Braised Eggplant with Shredded Chicken 茄子鸡肉煲	Shredded Pork with Tree Mushroom and Pepper 茶树菇尖椒肉丝	Diced Chicken with Dried Tofu 鸡丁炒豆干	Fried Chicken with Celery 芹菜鸡丝
	Vegetables 杭白菜	Water Spinach 空心菜	Lettuce 生菜	Celtuce with Carrot 莴笋烩炒胡萝卜	Choy Sum 广东菜心
	Chicken Oil Rice 鸡油饭	Steamed Rice 米饭	Steamed Rice 米饭	Steamed Rice with Sweet Potato 红薯米饭	Steamed Rice with Purple Potato 青豆饭
	Glazed Pork Chop with Pineapple 夏威夷菠萝焗猪排	Chicken Steak with Lemon Flavor 法式柠檬鸡扒	Mexican Braised Pork with Hands 墨西哥慢炖手撕猪肉	 Korean Teppanyaki Squid Cheese Rice Cake 韩式铁板鱿鱼年糕	Orleans Roast Chicken Leg 奥尔良烤鸡腿
	Mini Carrot/Cauliflower 迷你胡萝卜/花菜	Roasted Zucchini/Grilled Peppers 烤西葫芦/煎甜椒	Broccoli & Carrots 西兰花/胡萝卜		Roasted Eggplant/Pumpkin 烤茄子/南瓜
	Mashed Potato 黄油土豆泥	Couscous 中东米	Pita Bread 皮塔面包	Corn Cob/Broccoli 玉米棒/西兰花	Potato Wedges 薯角
	Taiwan Shrimp & Meat Noodle 台湾大虾担仔面	Fish Noodle in Tomato Soup 番茄酸汤鱼面	Stewed Chicken Noodles 香菇鸡汤面	Beef Dumpling in Tomato Soup 番茄牛肉水饺	
	Spaghetti with Smoked Duck in Tomato sauce 烟熏鸭肉番茄意面	Fried Rice with Beef 牛肉手抓饭	Oven-baked Macaroni with Ham & Cheese 芝士焗火腿弯管面	Chicken & Mushroom Risotto 鸡肉菌菇烩饭	
Vegetarian	Beet Root Humus with Nachos/Broccoli 甜菜鹰嘴豆泥配玉米饼/西兰花	Braised Vegetarian Ball with Rice and Vegetable 素红烧狮子头配米饭/青菜	Creamy Potato with Mushroom/Grilled Peppers 蘑菇焗土豆球/煎甜椒	Fried Mushroom with Konjack/Cabbage/Sweet Potato Rice 什菌素毛肚/牛心菜/红薯饭	
Daily Soup	Hot and Sour Soup 酸辣汤	Beet Soup 俄式甜菜汤	Loofah and Egg Floss Soup 丝瓜蛋花汤	Mushroom Soup 法式蘑菇汤	Turnip and Pork Soup 萝卜猪肉汤
Dessert/Fruit/Drink	Butter Cake /Fruit/Yogurt/Yakult/Milk/Juice 黄油蛋糕/水果/酸奶/牛奶/果汁	Raisin Cake /Fruit/Yogurt/Yakult/Milk/Juice 葡萄干蛋糕/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	Butter Cake/Fruit/Yogurt/Yakult/Milk/Juice 大理石蛋糕/水果/酸奶/养乐多/牛奶/果汁	Strawberry Cake/Fruit /Yogurt/Yakult/Milk/Juice 草莓蛋糕/水果/酸奶/牛奶/果汁