

MEAL/菜品	MONDAY	TUESDAY 9.1	WEDNESDAY 9.2	THURSDAY 9.3	FRIDAY 9.4
<b>Soup</b>		Cabbage & Vermicelli Soup 白菜粉丝汤	Cucumber & Egg Soup 黄瓜鸡蛋汤	Cream of Mushroom soup 奶油蘑菇汤	Tremella Lily soup 银耳百合汤
<b>Asian</b>		Braised Fish Fillet with Chicken 番茄烩鸡丸 Yu-Shiang Shredded Pork 鱼香肉丝 (不辣) Sautéed Celery with Dried Tofu 香干炒西芹 Steamed Oat Rice 燕麦饭 Hanamaki 自制花卷	Beef Bolognese Pasta 意式肉酱面 Braised Tofu 三鲜烧豆腐 Wok-Fried Cabbage 胡萝卜炒圆白菜 Steamed Rice 米饭	Beef Stew with celery and carrot 红烩牛肉 Sweet & Sour Chicken Ball 豉椒鸡球 Sautéed Cole with Mushroom 香菇油菜 Steamed Oat Rice 燕麦饭	Roasted Duck Breast with Honey Sauce 蜜汁烤鸭脯 Braised Pork Fillet with Vegetable 猪肉丸烩什蔬 Sautéed Zucchini with Egg 西葫芦炒鸡蛋 Steamed Rice with Corns 玉米米饭
<b>Fruit</b>		Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁








MEAL/菜品	MONDAY 9.7	TUESDAY 9.8	WEDNESDAY 9.9	THURSDAY 9.10	FRIDAY 9.11
<b>Soup</b>	Tomato Egg Soup 番茄蛋汤	Mixed Beef Soup 西湖牛肉羹	Minestrone Soup 意式蔬菜汤	Korean Soup 韩式酱汤	Corn soup 玉米羹
<b>Asian</b>	Pasta with Bacon Tomato Sauce 培根番茄意面 Braised Chicken Wing 小鸡炖蘑菇 Sautéed Cauliflower with Tomato 番茄炒菜花 Steamed Rice With Millet 二米饭	Roast Pork Chop with Honey Sauce 蜜汁香草烤猪扒 Braised Beef with Carrot & Bamboo Shoot 胡萝卜冬笋牛肉 Sautéed Cole 香菇炒油菜 Steamed Rice 白米饭 Hanamaki 自制馒头	Rosemary Chicken 迷迭香烤鸡 Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 米饭	Chicken Curry 咖喱鸡肉 Yu-Shiang Beef Slice with Soy Sauce 豉汁牛肉片 Sautéed Cole 清炒油菜 Steamed Red Bean Rice 红豆米饭	Braised Beef with Tomato 蕃茄烩牛肉 Sautéed Duck with Soy bean Paste 酱爆鸭肉 Sautéed Wok-Fried Cabbage 炆炒包菜 Steamed Rice Millet 二米饭
<b>Fruit</b>	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁







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MEAL/菜品	by <i>sodexo</i> MONDAY 9.14	TUESDAY 9.15	WEDNESDAY 9.16	THURSDAY 9.17	FRIDAY 9.18
<b>Soup</b>	French onion soup 法式洋葱汤	Chicken & mushroom soup 菌菇香鸡汤	Tomato Egg Soup 番茄蛋汤	Cream of mushroom soup 奶油蘑菇汤	White Fungus soup 银耳羹
<b>Asian</b>	Orleans Roast Chicken 奥尔良烤鸡胸 Braised Pork with Quail Egg 红烧肉烧鹌鹑蛋 Sautéed Cole 清炒油菜 Steamed Rice 白米饭	Roasted Pork 香烤猪梅肉 Braised Beef with Turnip 萝卜炖牛肉 Stir-Fried Babby 木耳冬笋烧豆泡 Cababge 清炒白菜 Steamed Rice 紫薯饭 Hanamaki 自制花卷	Beef Bolognese Pasta 意式肉酱面 Braised Tofu 木耳冬笋烧豆泡 Wok-Fried Cabbage 胡萝卜炒圆白菜 Steamed Rice 米饭	Roasted Duck with Black Pepper Sauce 香草烤鸭胸配黑椒汁 Sweet & Sour Chicken 菠萝咕咾鸡 Sautéed Celery with Dried Tofu 香干炒西芹 Steamed Cereal Rice 杂粮饭	Beef curry 咖喱烩牛肉 Braised Pork with Egg 猪肉末蒸滑蛋 Sautéed Mushroom Cole with 香菇油菜 Steamed Rice 玉米米饭
<b>Fruit</b>	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果



MEAL/菜品	MONDAY 9.21	TUESDAY 9.22	WEDNESDAY 9.23	THURSDAY 9.24	FRIDAY 9.25
<b>Soup</b>	Tomato Egg Soup 番茄蛋汤	Mixed Beef Soup 西湖牛肉羹	Minestrone Soup 意式蔬菜汤	Korean Soup 韩式酱汤	Corn soup 玉米羹
<b>Asian</b>	Pasta with ham Tomato Sauce 火腿番茄意面 Steamed Chicken in Mushroom 香菇蒸鸡肉 Braised Cabbage with Fungus 白菜木耳 Steamed Rice with Millet 二米饭	 Goulash 匈牙利烩牛肉 Kung Pao Chicken 宫保鸡丁（不辣） Sautéed Cole 清炒油菜  Steamed Rice with Purple Sweet Potato 紫薯饭 Hanamaki 自制花卷	 Tandoori Chicken 印度天多瑞烤鸡 腿 Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 米饭	 Chicken Curry 咖喱鸡肉 Yu-Shiang Stir- Fried Pork w/Egg & Fungus 木须肉（猪肉） Wok-Fried Cabbage 清炒圆白菜 Steamed Rice with Sweet Potato 紫薯米饭	 Swedish Beef Meat Ball 瑞典风味牛肉丸 Sautéed Duck with Soy bean Paste 酱爆鸭肉 Sautéed Braised Cabbage with Fungus 胡萝卜白菜 Steamed Rice Millet 二米饭
<b>Fruit</b>	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁



MEAL/菜品	MONDAY 9.28	TUESDAY 9.29	WEDNESDAY 9.30	THURSDAY	FRIDAY
<b>Soup</b>	Tomato & Egg Soup 番茄蛋汤	Cabbage & Vermicelli Soup 白菜粉丝汤	Cucumber & Egg Soup 黄瓜鸡蛋汤		
<b>Asian</b>	Cajun Roasted Chicken 卡真烤鸡腿 Stir-Fried Pork with / Mushroom 鲜蘑炒肉片 Stir-Fried Babby Cababge 清炒白菜 Steamed Rice 白米饭 	Braised Beef with Tomato 蕃茄烩牛肉 Stir-Fried chicken with vegetable 鸡肉炒三丁 Sautéed Celery with Dried Tofu 香干炒西芹 Steamed Oat Rice 燕麦饭 Hanamaki 自制花卷 	Beef Bolognese Pasta  意式肉酱面 Braised Tofu 客家烧豆腐 Wok-Fried Cabbage  胡萝卜炒圆白菜 Steamed Rice 米饭 		
<b>Fruit</b>	Juice 果汁	Juice 果汁	Juice 果汁		

