

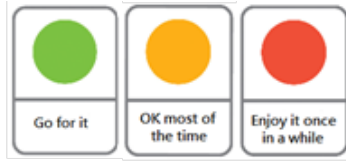




MEAL/ 菜品	MONDAY	TUESDAY 11.1	WEDNESDAY 11.2	THURSDAY 11.3	FRIDAY 11.4
Soup		Chinese Cabbage Soup 白菜粉丝汤	Creamy Mushroom Soup 奶油蘑菇汤	Indian Coconut Curry Soup 印度香椰咖喱汤	
Asian		 Sautéed Beef Slice in Hot Chilli Oil 巴蜀水煮牛肉 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭	 Braised Beef Noodle 红烧牛肉面 Green Vegetables 白灼蔬菜	Indian Food Promotion 印度美食节 Chicken Masala 印度玛萨拉鸡肉 Curry Vegetables 印度咖喱蔬菜 Indian Noodles 印度炒面 Samosa 印度咖喱角	





MEAL/ 菜品	MONDAY 11.7	TUESDAY 11.8	WEDNESDAY 11.9	THURSDAY 11.10	FRIDAY 11.11
Soup	Russian Soup 罗宋汤	Jujube and Tremella Soup 红枣银耳汤	Korean Soybean Paste Soup 韩式大酱汤	Tomato Egg Soup 番茄鸡蛋汤	Creamy Corn Soup 奶油玉米汤
Asian	Solar Term- Start of Winter 农历-立冬 Pork & Vegetable Dumplings 猪肉水饺 Chinese Chive and Egg Dumplings 韭菜鸡蛋素水饺	Braised Pork Rice 台式卤肉饭 Braised Egg 卤蛋 Wok-Fried Cabbage 炆炒圆白菜	Xin Jiang Style Chicken 新疆大盘鸡 Vegetable/Noodle 蔬菜/拉条子	Sauteed Shrimp with Chili 宫爆虾仁  Sautéed Choi Sum 清炒菜心 Steamed Rice 白米饭	Braised Pork Meatballs in Brown Sauce 四喜丸子 Sautéed Cabbage with Vermicelli 粉条炒包菜 Steamed Rice 米饭





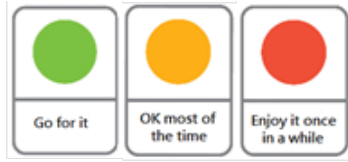
MEAL/ 菜品	MONDAY 11.14	TUESDAY 11.15	WEDNESDAY 11.16	THURSDAY 11.17	FRIDAY 11.18
Soup	Minestrone Soup 意式蔬菜汤	Chicken & Mushroom Soup 香菇炖鸡汤	Creamy Carrot Soup 奶油胡萝卜汤	Pear Tremella Soup 银耳雪梨汤	Hot and Sour Soup 酸辣汤
Asian	 Sautéed Beef with Onion and Cumin 洋葱孜然炒牛肉 Sautéed Cabbage 炆炒圆白菜 Steamed Rice 米饭	Taiwanese Three Cup Chicken 台式三杯鸡 Stir-Fried Cabbage 清炒杭白菜 Steamed Rice 米饭	Braised Sparerib Noodle 上海排骨面 Green vegetables 青菜	 Xinjiang Mutton Rice 新疆羊肉抓饭 Sautéed Carrot 炒胡萝卜	Taste of Sichuan 品味四川 Spicy Duck Sichuan Style 四川樟茶鸭 Pickles Sichuan Style 四川泡菜 YiBin Noodles 宜宾燃面 Sweet Glutinous Rice Ball (Tangyuan) 赖汤圆





MEAL/ 菜品	MONDAY 11.21	TUESDAY 11.22	WEDNESDAY 11.23	THURSDAY 11.24	FRIDAY 11.25
Soup	Lotus Root & Pork Soup 莲藕汤	Creamy Potato Soup 奶油土豆汤	Seaweed & Egg Soup 紫菜蛋花汤	Creamy Pumpkin Soup 奶油南瓜汤	Minestrone Soup 意大利蔬菜汤
Asian	 Teriyaki Beef with Enoki Mushroom 照烧金针肥牛卷 Chinese Vegetable 小油菜 Steamed Rice 米饭	Solar Term-Minor Snow 农历小雪 Braised Spareribs with Mushrooms 香菇烧排骨 Sautéed Cole 清炒油菜 Steamed Rice 米饭	Minced Pork Noodles 岐山肉丁臊子面 Green vegetables 青菜	Sliced Fish in Hot Chili Oil  水煮鱼 Shredded Potato with Green Pepper 尖椒土豆丝 Steamed Rice 白米饭	 Fried Rice with Beef and Pineapple 牛肉菠萝炒饭 Crispy-fried Chicken Fillet 香酥炸鸡柳 Stir fried Choi Sum 清炒菜心





MEAL/ 菜品	MONDAY 11.28	TUESDAY 11.29	WEDNESDAY 11.30	THURSDAY	FRIDAY
Soup	Seaweed & Egg Soup 紫菜蛋花汤	Mixed Beef Soup 西湖牛肉羹	Turnip and Vermicelli Soup 白萝卜粉丝汤		
Asian	Braised Snapper in Hot Chili Oil 油淋鲷鱼  Sautéed Cabbage 清炒圆白菜 Steamed Rice 白米饭	Braised Chicken 黄焖鸡 Sautéed Bok Choy with Black Fungus 木耳炒油菜 Steamed Rice 米饭	Yunnan Rice Noodles 云南过桥米线 Sautéed Lettuce 圆生菜 Chinese Pork Hamburger 猪肉肉夹馍		

