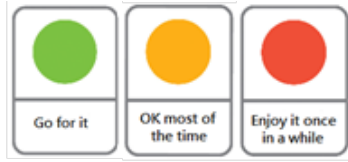


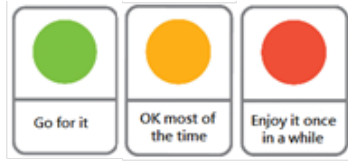
	MEAL	MONDAY	TUESDAY 11.1	WEDNESDAY 11.2	THURSDAY 11.3	FRIDAY 11.4
WEEK 1	SOUP		Chinese Cabbage Soup 白菜粉丝汤	Creamy Mushroom Soup 奶油蘑菇汤	Indian Coconut Curry Soup 印度香椰咖喱汤	
	Menu(A) Western		Grilled Pork Chop with Gravy 铁扒猪排配肉汁 Roasted Vegetable 烤什蔬 Roasted Sweet Potato 香烤红薯	Sour Cream & Cheese Chicken 芝士酸奶油焗鸡 Sautéed Cauliflower with Tomato 番茄菜花 Roasted Pumpkin 蜜汁烤南瓜	Indian Food Promotion 印度美食节 Tandoori Chicken 印度天多瑞烤鸡腿 Sautéed Zucchini with Carrot 西葫芦配胡萝卜条 Roasted Pancake 烤饼	
	Menu (B) Asian		Braised Fish 三鲜鱼  Stir-Fried Tofu with Mushroom and Capsicum 香菇彩椒炒千叶豆腐 Steamed Red Bean Rice 红豆米饭/白米饭 Hanamaki 自制花卷	Braised Bean Puff with Fungus and Bamboo Shoots 木耳冬笋烧豆泡 Scrambled Egg with Cucumber 黄瓜炒鸡蛋 Steamed Rice with Sweet Potato 红薯米饭/白米饭	Braised Taro with Beef  芋头烧牛肉 Lotus Root Slices with mixed vegetables 荷塘月色 Steamed Rice 白米饭	





	MEAL	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
WEEK 2	Menu(A) Western	Pasta with Chicken & Tomato Sauce 鸡肉茄汁意面 Sautéed Zucchini & Carrot 胡萝卜西葫芦 Bread 面包	Roasted Duck with Cajun Sauce 卡真烤鸭 Sautéed Mixed Vegetable 黄油炒时蔬 Roasted Potato 烤土豆	BBQ Roasted Pork 烧烤猪梅肉 Mixed Vegetable 混合什蔬 Stir-Fried Potato With Bacon 培根炒土豆	Curry Fish 日式咖喱鱼 Sautéed Cauliflower with Tomato 番茄菜花 Steamed Purple Sweet Potato 蒸紫薯	Beef Chili 墨西哥牛肉酱 Sautéed Zucchini 清炒西葫芦 Soft Roll 软面包
	Menu (B) Asian	Braised Pork with Tofu 红烧肉烧豆泡 Stewed White Gourd 烧冬瓜 Steamed Rice With Millet 二米饭/白米饭	Braised Beef with Potato 土豆烧牛肉 Sautéed Cole with Mushroom 香菇炒油菜 Steamed Rice 白米饭 Hanamaki 自制南瓜馒头	Scrambled Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 白米饭	Stir-fried Pork with Mushroom 鲜蘑猪肉片 Braised Cabbage with Tofu 白菜豆腐 Steamed Red Bean Rice 红豆米饭/白米饭	Steamed Egg with Shrimp 虾仁蒸水蛋 Stir-fry Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 白米饭





	MEAL	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
WEEK 3	Menu(A) Western	Chicken Curry 咖喱鸡 Sautéed Cauliflower with Tomato 番茄菜花 Baked Sweet Potato 香烤红薯	Braised Fish Balls 红烩鱼丸 Mixed Vegetable 混合什蔬 Stir-Fried Potato with Bacon 培根炒土豆	Beef Bolognese Pasta 意式肉酱面 Zucchini & Carrot 西葫芦胡萝卜 Garlic Bread 蒜香面包	Grilled Duck Breast with Gravy 香煎鸭胸蘑菇汁 Carrot with Corn 胡萝卜玉米粒 Roasted Pumpkin 蜜汁烤南瓜	Hungarian Beef Goulash 匈牙利烩牛肉 Cauliflower & Green Peas 青豆炒菜花 Soft Roll 软面包
	Menu (B) Asian	Sweet and Sour Pork 糖醋里脊 Sautéed Cole 清炒油菜 Steamed Rice 白米饭	Stewed Beef with Turnip 萝卜炖牛肉 Sautéed Cabbage with Fungus 白菜木耳 Steamed Rice 红薯饭/白米饭 Hanamaki 自制发糕	Braised Tofu with Shrimp 虾仁烧豆腐 Stir-fried Mixed Vegetable 罗汉上素 Steamed Rice 白米饭	Braised Pork Meatballs with White Gourd 冬瓜烧猪肉丸子 Stir-Fried Zucchini with Egg 西葫芦炒蛋 Steamed Rice with Oats 杂粮饭/白米饭	Taste of Sichuan 品味四川 Yu-Shiang Shredded Pork (non-spicy) 鱼香肉丝 (不辣) Wok-Fried Cabbage 清炒圆白菜 Steamed Rice 白米饭





	MEAL	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
WEEK 4	Menu(A) Western	Roasted Chicken Breast w/ Onion Gravy 烤鸡胸配洋葱汁 Stir-Fried Vegetable 黄油炒时蔬 Roasted Potato 烤土豆	Braised Fish Fillet with Tomato 番茄烩鱼肉 Gratin Cauliflower 焗菜花 Steamed Purple Sweet Potato 蒸紫薯	Carbonara 奶油培根意面 Sautéed Green Peas & Carrot 胡萝卜炒青豆 Garlic Bread 蒜蓉面包	Curry Pork 日式咖喱猪肉 Mixed Vegetable 混合什蔬 Soft Roll 软面包	Swedish Beef Meatball 瑞典风味牛肉丸 Sautéed Mixed Vegetables 混合时蔬 Mashed potato 土豆泥
	Menu (B) Asian	Stir-Fried Beef with Mushroom 杏鲍菇炒牛肉 Dried Shrimp with White Gourd 海米冬瓜 Steamed Rice 白米饭	Solar Term-Minor Snow 农历小雪 Braised Mutton with Turnip 萝卜烧羊肉 Braised Cabbage with Bean Curd 千张烧白菜 Steamed Rice with Millet 二米饭/白米饭 Hanamaki 自制馒头	 Scrambled Egg with Tomato 番茄炒蛋 Fungus and Celery 木耳芹菜 Steamed Rice 白米饭	Sweet & Sour Chicken 菠萝咕咾鸡 Wok-Fried Cabbage 清炒圆白菜 Steamed Rice with Purple Sweet Potato 紫薯饭/白米饭	Sauteed Fish with Mixed Vegetable 三鲜炒鱼丁 Stir-fry Chinese Baby Cabbage 炒小白菜 Steamed Rice 白米饭





	MEAL	MONDAY 11.28	TUESDAY 11.29	WEDNESDAY 11.30	THURSDAY	FRIDAY
WEEK 5	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		
	Menu(A) Western	BBQ Duck 烧烤鸭胸 Gratin Cauliflower with Bell Pepper 黄油菜花配彩椒 Soft Roll 软面包	Pan-Fried Fish Fillet with Cream Sauce 意式煎鱼柳奶油汁 Grilled Vegetable 扒蔬菜 Roasted Potato Wedge 香烤土豆角	Pasta with Tuna & Tomato Sauce 金枪鱼茄汁意面 Sautéed Green Peas, Onion & Carrot 洋葱胡萝卜炒青豆 Bread 面包		
	Menu (B) Asian	Moo Shu Pork 猪肉木须 Braised White Gourd 烧冬瓜 Steamed Rice 白米饭	Braised Pork with Bean Curd 百叶结红烧肉 Stir-Fried Cabbage with Vermicelli 白菜粉条 Steamed Rice with Purple Sweet Potato 紫薯饭/白米饭	Wok-Fried Pork with Soybean Paste 酱爆肉丁(猪肉) Sautéed Cole with Mushroom 香菇油菜 Steamed Rice 白米饭		

