**Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday  1.6 | Tuesday  1.7 | Wednesday  1.8 | Thursday  1.9 | Friday  1.10 |
| Soup | 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 |
| Hot Food | Rosemary chicken 迷迭香烤鸡  Braised Beef with Turnip  萝卜炖牛肉  Stir-Fried Babby Cababge  清炒白菜  Steamed Rice  米饭 | Roasted duck in honey sauce 蜜汁烤鸭脯  Five colours Fish  C:\Users\blink.chan\Desktop\blink_job\matcha\link\fish.gif五彩鱼丁  GREENCelery & Tofu  芹菜豆干  Steamed Rice with Sweet Potato  红薯米饭 | Beef Bolognaise Pasta  意式肉酱面  C:\Users\blink.chan\Desktop\blink_job\GREEN.gif Poached Zucchini & Carrot  西葫芦胡萝卜  GREENBraised Tofu  红烧豆腐  Steamed Sponge Cake  自制发糕  Steamed Rice  米饭 | Orleans Roast Chicken  奥尔良烤鸡腿肉  C:\Users\blink.chan\Desktop\blink_job\GREEN.gifRoasted Vegetable with Herts  香草烤蔬菜  Moo Shu Beef  牛肉木须  Steamed Rice  米饭 | Italy Braised Beef with Tomato and Olive  意大利番茄橄榄烩牛肉  Poched Cauliflower & Green Peas  C:\Users\blink.chan\Desktop\blink_job\GREEN.gif青豆炒菜花  Fried Shrimp with Egg  C:\Users\blink.chan\Desktop\blink_job\matcha\link\fish.gif滑蛋虾仁  Steamed Rice  米饭 |
| Vegetables Stick | Fruit  水果 | Fruit  水果 | Fruit  水果 | Fruit  水果 | Fruit  水果 |



Heathy choice

Enjoy it once in a while

OK most of the time

**Week 2**



Heathy choice

Enjoy it once in a while

OK most of the time

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday  1.13 | Tuesday  1.14 | Wednesday  1.15 | Thursday  1.16 | Friday  1.17 |
| Soup | Tomato Egg Soup  番茄蛋汤 | Mixed Beef Soup  西湖牛肉羹 | Minestrone Soup  意式蔬菜汤 | Cream Pumpkin Soup  奶油南瓜汤 | Corn soup  玉米羹 |
| Hot Food | Carbonara Spaghetti  猪肉培根奶油意面  Steamed Chicken in Mushroom  香菇蒸鸡肉  Braised Cabbage with Fungus  C:\Users\blink.chan\Desktop\blink_job\GREEN.gif白菜木耳  Steamed Rice  米饭 | Chicken Curry  咖喱鸡肉  Beef Slice with Black Bean Sauce  豉汁牛肉片  C:\Users\blink.chan\Desktop\blink_job\GREEN.gifSautéed Cole  清炒油菜  Steamed Red Bean Rice  红豆米饭 | Tandoori Chicken  印度天多瑞烤鸡腿  GREENFunguss Curd  木耳芹菜  C:\Users\blink.chan\Desktop\blink_job\GREEN.gifScrambles Egg with Tomato  番茄炒鸡蛋  Hanamaki  花卷  Steamed Rice  米饭 | Beef Goulash  匈牙利烩牛肉  C:\Users\blink.chan\Desktop\blink_job\GREEN.gifGratin Cauliflower  焗菜花  Braised Chicken  红烧鸡块  Steamed Rice with Sweet Potato  紫薯米饭 | Grilled Chicken Breast with Mushroom Gravy  扒鸡胸配蘑菇汁  C:\Users\blink.chan\Desktop\blink_job\GREEN.gifSautéed Mix Vegetables  混合时蔬  Sautéed Duck with  Soy Bean Paste  酱爆鸭肉  Steamed Rice  & Millet  二米饭 |
| Vegetables Stick | Fruit  水果 | Fruit  水果 | Fruit  水果 | Fruit  水果 | Fruit  水果 |