**Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday1.6 | Tuesday1.7 | Wednesday1.8 | Thursday1.9 | Friday1.10 |
| 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 FishC:\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 PeasC:\Users\blink.chan\Desktop\blink_job\GREEN.gif青豆炒菜花Fried Shrimp with EggC:\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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday1.13 | Tuesday1.14 | Wednesday1.15 | Thursday1.16 | Friday1.17 |
| 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 |