












| MEAL/ 菜品 | MONDAY 1.4 | TUESDAY 1.5 | WEDNESDAY 1.6 | THURSDAY 1.7 | FRIDAY 1.8 |
|--------------|--|---|--|---|---|
| Soup | Chicken & Corn Soup 鸡茸粟米羹 | Creamy Mushroom Soup 奶油蘑菇汤 | Tomato Egg Soup 番茄鸡蛋汤 | Creamy Pumpkin Soup 奶油南瓜汤 | Seaweed & Egg Soup 紫菜蛋花汤 |
| Asian | Braised Chicken  黄焖鸡 Sautéed bok choy with black fungus  木耳炒油菜 Steamed Rice 米饭 | Sautéed Beef Slice  in Hot Chilli Oil 巴蜀水煮牛肉 Sautéed bok choy  清炒油菜 Steamed Rice 米饭 | Chinese Noodles with Braised Beef Soup  红烧牛肉面 Sautéed Bok Choy  白灼油菜 | Teriyaki Chicken  日式照烧鸡腿 Sautéed Cabbage & Carrot  清炒圆白菜 Steamed Rice 白米饭 | Braised Pork Rice 台式卤肉饭 Braised Egg 卤蛋 Wok-Fried Cabbage  炆炒圆白菜 |





| MEAL/ 菜品 | MONDAY 1.11 | TUESDAY 1.12 | WEDNESDAY 1.13 | THURSDAY 1.14 | FRIDAY 1.15 |
|--------------|---|---|---|--|--|
| Soup | Winter Melon & Balls Soup 冬瓜鸡丸汤 | Tomato Egg Soup 番茄鸡蛋汤 | Korean Miso Soup 韩式大酱汤 | Creamy Tomato Soup 奶油番茄汤 | Russian Soup 罗宋汤 |
| Asian | Sweet & Sour Chicken with pineapple 菠萝咕嚕鸡肉 Sautéed Cabbage 手撕圆白菜 Steamed Rice 米饭 | Fried Rice Noodle 牛肉炒河粉 Fried Prawn Crackers 炸虾片 Sautéed Cole 清炒油菜 | Minced pork Noodles 上海排骨面 (猪肉) Sautéed Bok Choi 白灼菜心 | HaiNan Chicken 海南鸡饭 Sautéed Cole 清炒油菜 Chicken Rice 鸡饭 | Mutton with onion and cumin 洋葱孜然炒羊肉 Sautéed Cabbage 炆炒圆白菜 Steamed Rice 米饭 |





| MEAL/ 菜品 | MONDAY 1.18 | TUESDAY 1.19 | WEDNESDAY 1.20 | THURSDAY 1.21 | FRIDAY 1.22 |
|--------------|--|--|---|--|---|
| Soup | Creamy Corn Soup 奶油玉米汤 | Sweet Tremella Soup 银耳甜汤 | Creamy Carrot Soup 奶油胡萝卜汤 | Chicken & Mushroom Soup 香菇炖鸡汤 | Minestrone Soup 意式蔬菜汤 |
| Asian |  Stir-fried Beef Udon Noodles 日式牛肉炒乌冬面  Sautéed Cai Sim 清炒油菜 |  Braised Pork balls 红烧猪肉狮子头  Sautéed Cabbage & Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 |  Lamb Stew with Steamed 红焖羊肉  Sautéed Baby Cabbage 炒娃娃菜 Steamed Rice 米饭 |  Vietnamese Beef Pho 越南牛肉丸汤粉  Bok choy 菜心 |  Taiwan Special Chicken 台式三杯鸡  Sautéed cabbage 清炒圆白菜 Steamed Rice 米饭 |





| MEAL/ 菜品 | MONDAY 1.25 | TUESDAY 1.26 | WEDNESDAY 1.27 | THURSDAY 1.28 | FRIDAY 1.29 |
|--------------|--|---|--|---|---|
| Soup | Chinese Cabbage Soup 白菜粉丝汤 | Creamy Pumpkin Soup 奶油南瓜汤 | Duck & Mushroom Soup 菌菇老鸭汤 | Seaweed & Egg Soup 紫菜蛋花汤 | Creamy Potato Soup 奶油土豆汤 |
| Asian | Yang zhou Fried Rice 扬州炒饭 Hong Kong Braised Chicken with Sweet Sour Sauce 港式叉烧鸡腿 Sautéed Cai Sim 清炒菜心 | Xingzhou Fried Rice Noodles 新加坡星州炒米粉(牛肉) Sautéed Chai Sim 清炒菜心 | Teriyaki Beef with Rice 日式照烧牛肉饭 Stir-Fried Broccoli with Carrot 菜花配胡萝卜 Steamed Rice 白米饭 | Deep-Fried Chicken Leg 香酥炸鸡腿 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 白米饭 | Sichuan Style Sour & Hot Glass Noodles 四川酸辣粉 Sautéed Lettuce 圆生菜 Chinese Pancake 肉夹馍 |

