

MEAL/菜品	MONDAY 1.4	TUESDAY 1.5	WEDNESDAY 1.6	THURSDAY 1.7	FRIDAY 1.8
Soup	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
Hot Food	Kung pao Chicken 宫保鸡丁 Tofu Stew with cabbage 白菜豆腐 Steamed Rice 米饭	Pork and Bean Curd Stew 红烧肉炖豆泡 Stir-fried eggs with Vegetables 鸡蛋炒合菜 Steamed Rice 米饭	Poached Spicy pork 水煮肉 Stir-Fried Celery with Dry Bean Curd 香干西芹 Steamed Rice 米饭	Sliced Chicken with Spicy Sauce 鱼香鸡片 Stir-Fried Bok Choi 清炒油菜 Steamed Rice 米饭	Twice-cooked pork 巴蜀回锅肉 Stir-fried Tomato with Egg 西红柿炒鸡蛋 Steamed Rice 米饭 元宵
Fruit	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



MEAL/菜品	MONDAY 1.11	TUESDAY 1.12	WEDNESDAY 1.13	THURSDAY 1.14	FRIDAY 1.15
Soup	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
Hot Food	Braised Chicken with Potato 土豆烧鸡腿 Chinese Bok Choi with Mushroom 香菇油菜 Steamed Rice 米饭	Stir-Fried with Pork, Egg, mixed vegetable 木须肉 (猪肉) Sautéed Winter Melon 小葱烧冬瓜 Steamed Rice 米饭	Braised Duck Sichuan Sauce 麻辣鸭块 Stew with cabbage and vermicelli 白菜炖粉条 Steamed Rice 米饭	Chinese Noodles with Braised Pork Soup 榨菜肉丝面 Sautéed Bok Choi 菜心 With Vegetable 配时令蔬菜丝	Stir-Fried Chicken with Chili Sauce 辣子鸡丁 Stir-fried Cabbage 炆炒圆白菜 Steamed Rice 米饭
Fruit	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



MEAL/菜品	MONDAY 1.18	TUESDAY 1.19	WEDNESDAY 1.20	THURSDAY 1.21	FRIDAY 1.22
Soup	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
Hot Food	Braised chicken thigh 红烧鸡翅根 Sautéed squash 素炒西葫芦 Steamed Rice 米饭	Eggplant with Pork in Brown sauce 猪肉粒烧茄子 Braised Mushroom with Winter Melon 蘑菇烧冬瓜 Steamed Rice 米饭	Stir-Fried beef with Tofu 牛肉末烧豆腐 Sautéed Potato with Green Pepper 青椒土豆片 Steamed Rice 米饭	Stir-Fried Chicken with Chili Sauce 辣子鸡丁 Stir-fried Cabbage 炆炒圆白菜 Steamed Rice 米饭	Stewed potato with pork in brown sauce 红烧肉土豆 Sautéed Cabbage with Carrot 胡萝卜炒白菜 Steamed Rice 米饭
Fruit	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



MEAL/菜品	MONDAY 1.25	TUESDAY 1.26	WEDNESDAY 1.27	THURSDAY 1.28	FRIDAY 1.29
Soup	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
Hot Food	Stir-Fried Pork with Black Fungus and Egg 木须猪肉 Sautéed bok choy 清炒油菜 Steamed Rice 米饭	Braised Duck Sichuan Sauce 孜然辣鸭丁 Tofu Stew with cabbage 白菜豆腐 Steamed Rice 米饭	Chicken with mushroom 菌菇炒鸡 Scrambles Egg with squash 西葫芦炒鸡蛋 Steamed Rice 米饭	Braised Beef with Turnip 萝卜炖牛肉 Sautéed Celery with dry Bean Curd 香干芹菜 Steamed Rice 米饭	Chinese Noodles 手擀面 Braised Eggplant With diced Pork 茄子肉丁卤 With Vegetable 配时令蔬菜丝
Fruit	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶

