



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
Western	Cheese gratin rice w/meat ball 意式牛肉丸焗饭 Mixed Vegetables 混合时蔬	Korean kimchi Fried Rice 韩国泡菜炒饭 BBQ Korean Style Chicken Slice 韩国烤鸡肉 Mix Vegetable 混合时蔬	Rosemary Chicken 迷迭香烤整鸡 Mix Vegetable 混合时蔬 Roasted Potato 烤土豆	Spaghetti Penne 意大利斜切面 Bolognaise 牛肉酱 Tomato Sauce 番茄酱 (番茄, 芝士, 培根, 洋葱)	Cumin Beef Pizza 孜然牛肉披萨 Cheese Pizza 芝士披萨 Chicken Wings 烤鸡翅 Mixed Vegetables 混合时蔬





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
Western	Bibimbap 石锅拌饭 Beef Slice/ Mushroom/Zucchini/ Carrot/ Bean Sprout/Egg 肥牛, 蘑菇, 西葫芦, 胡萝卜, 豆芽, 煎鸡蛋 Pickled kimchi 泡菜	Korean wok-fried chicken 韩国炒鸡 Korean style rice cake 韩国风味米条 Pickled vegetables 韩国泡菜	Beef & Cheese Hamburger 牛肉芝士汉堡包/ French Fries 自制薯条 Cheese 芝士 Stir-Fry Vegetable 炒蔬菜	Deep-Fried Pork Chop 风味炸猪排配芥末酱 Carrots & Corns 胡萝卜玉米粒 Mashed Potato 奶香土豆泥	Rosemary Grilled Chicken 法式迷迭香烤鸡腿 Carrot in Honey Sauce 橙味蜜汁胡萝卜 Roasted New Potato 香草烤土豆





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
Western	Nasi Goreng 印尼炒饭 Chicken Satay 沙爹鸡串 Fried Egg 煎蛋 Vegetable 时蔬	Deep-Fried Chicken with Tartar Sauce 英式鸡排配塔塔汁 Mixed Vegetables 混合时蔬 Roasted New Potato 香草烤土豆	Sausages with sauerkraut 德式酸菜猪肉香肠 Mix Vegetable 混合时蔬 Roasted bread 烤面包	Quesadilla 墨西哥鸡肉芝士饼 Nachos 炸玉米饼 Mixed Vegetables 混合时蔬	American Hot Dog 美式热狗 French Fries 炸薯条 Mixed Vegetables 混合时蔬





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
Western	Salami Pizza 意式萨拉米披萨 Cheese Pizza 番茄芝士披萨 Chicken Wings 烤鸡翅根 Vegetable 时蔬	Chicken & Cheese Hamburger 鸡肉芝士汉堡包 French Fries 薯条 Cheese 奶酪 Vegetable 时蔬	Korean Roasted Pork 韩式烤五花肉 Kimchi 辣白菜 Fried Kimchi Rice 韩式泡菜炒饭	Bibimbap 韩式石锅拌饭 Beef Slice/ Mushroom/Zucchini/ Carrot/ Bean Sprout/Egg 肥牛, 蘑菇, 西葫芦, 胡萝卜, 豆芽, 煎鸡蛋 Kimchi 泡菜	Roasted Chicken 奥尔良烤鸡 Mixed Vegetables 混合时蔬 Roasted Potato 烤土豆

