



MEAL/ 菜品	MONDAY	TUESDAY 5.4	WEDNESDAY 5.5	THURSDAY 5.6	FRIDAY 5.7
Soup		Creamy Pumpkin Soup 奶油南瓜汤	Tomato Egg Soup 番茄鸡蛋汤	Creamy Mushroom Soup 奶油蘑菇汤	Chicken & Corn Soup 鸡茸粟米羹
Western		Nasi Goreng 印尼炒饭 Chicken Satay 沙爹鸡串 Fried egg 煎蛋 Vegetable 时蔬	Orleans Roasted Chicken 奥尔良烤鸡 Mix Vegetable 混合时蔬 Roasted Potato 烤土豆	Veal Sausage 煎猪肉肠 Mashed Potato, Onion Gravy 土豆泥, 洋葱汁	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 5.10	TUESDAY 5.11	WEDNESDAY 5.12	THURSDAY 5.13	FRIDAY 5.14
Soup	Russian Soup 罗宋汤	Creamy Potato Soup 奶油土豆汤	Korean Miso Soup 韩式大酱汤	Tomato Egg Soup 番茄鸡蛋汤	Winter Melon & Balls Soup 冬瓜鸡丸汤
Western	Bibimbap 石锅拌饭 Beef Slice/ Mushroom/Zucchini/ ni/ Carrot/ Bean Sprout/Egg 肥牛, 蘑菇, 西葫芦, 胡萝卜, 豆芽, 煎鸡蛋 Pickled kimchi 泡菜	Deep-Fried Chicken Chop with Tartar Sauce 英式鸡排配塔塔 汁 Mixed Vegetables 混合时蔬 Roasted Potato 烤土豆角	Z-Rou & Cheese Hamburger 素肉芝士汉堡包/ French Fries 自制薯条 Cheese 芝士 Stir-fry vegetables 炒蔬菜	Cumin Herb Grilled Chicken 孜然烤鸡腿 Mixed Vegetables 混合时蔬 Onion Potato 洋葱炒土豆	Spaghetti 意大利直面 Penne 意大利斜切面 Bolognese 牛肉酱 Tomato Sauce 番茄酱 (番茄, 芝士, 培根, 洋葱)





MEAL/ 菜品	MONDAY 5.17	TUESDAY 5.18	WEDNESDAY 5.19	THURSDAY 5.20	FRIDAY 5.21
Soup	Minestrone Soup 意式蔬菜汤	Chicken&Mushroom Soup 香菇炖鸡汤	Creamy Carrot Soup 奶油胡萝卜汤	Chinese Cabbage Soup 白菜粉丝汤	Creamy Corn Soup 奶油玉米汤
Western	Korean Army Hot Pot 韩式部队火锅 Steamed corn 蒸玉米棒	Beef lasagna 牛肉千层面 Tomato Lasagna 番茄千层面 Mix Vegetables 黄油时蔬	Quesadilla 墨西哥鸡肉芝士饼 Nachos 炸玉米饼 Mixed Vegetables 混合时蔬	Korean Roasted Pork 韩式烤五花肉 Kimchi Cabbage 辣白菜 Stir-Fried Kimchi Rice 韩式泡菜炒饭	Rosemary Chicken 迷迭香烤春鸡 Mix Vegetable 混合时蔬 Roasted Potato 烤土豆







MEAL/ 菜品	MONDAY 5.24	TUESDAY 5.25	WEDNESDAY 5.26	THURSDAY 5.27	FRIDAY 5.28
Soup	Miso Soup 日式味噌汤	Creamy Pumpkin Soup 奶油南瓜汤	Tomato Egg Soup 番茄鸡蛋汤	Cream Broccoli Soup 奶油西兰花汤	Chicken & Corn Soup 鸡茸粟米羹
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	Deep-Fried Chicken Chop with Tartar Sauce 炸鸡排塔塔汁 Mixed Vegetables 混合时蔬 Roasted Potato 烤土豆角	Potato Beef Pie 牛肉土豆泥派 Mix Vegetables 黄油时蔬 Garlic Bread 蒜蓉面包	New Orleans Grilled Chicken Drumstick Burger 奥尔良鸡腿汉堡 French Fries 炸薯条 Cheese 芝士 Mixed Vegetables 混合时蔬	Korean wok-fried chicken 韩国炒鸡 Korean style rice cake 韩国风味米条 Pickled vegetables 韩国泡菜





MEAL/ 菜品	MONDAY 5.31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Russian Soup 罗宋汤				
Western	 B.B.Q chicken leg 美式烧烤鸡腿 Mixed Vegetables  混合时蔬 Roasted Potato 烤土豆				

