













MEAL/菜品	MONDAY 8.9	TUESDAY 8.10	WEDNESDAY 8.11	THURSDAY 8.12	FRIDAY 8.12
Soup	Chinese Cabbage Soup 白菜粉丝汤	Creamy Carrot Soup 奶油胡萝卜汤	Seaweed & Egg Soup 紫菜蛋花汤	Cream of mushroom soup 奶油蘑菇汤	White Fungus soup 银耳羹
Asian	Sautéed Pork Balls with Soy Sauce 焦溜丸子 (猪肉) Chinese vegetables 白灼时蔬 Steamed rice 米饭	Fish with lemon, black fungus and mushrooms 菌菇鱼块 Stir-Fried Lettuce 炒木耳莴笋 Steamed rice 米饭	Minced pork Noodles 上海排骨面 (猪 肉) Sautéed Bok Choi 白灼菜心	Sautéed Sliced Beef with Leek 葱爆牛肉 Stir-fried Choi Sum 清炒菜心 Steamed Rice 米饭	Braised Chicken 黄焖鸡 Sautéed Cole 木耳炒油菜 Steamed Rice 米饭





MEAL/菜品	MONDAY 8.16	TUESDAY 8.17	WEDNESDAY 8.18	THURSDAY 8.19	FRIDAY 8.20
Soup	Tomato Egg Soup 番茄蛋汤	Mixed Beef Soup 西湖牛肉羹	Minestrone Soup 意式蔬菜汤	Korean Soup 韩式酱汤	Corn soup 玉米羹
Asian	Steamed Fish with Maggie sauce  美极蒸鱼块  Green Pepper and Eggplant  地三鲜 Steamed Rice 米饭	Sautéed Sliced Beef with Leek  北京葱爆牛肉 Stir-fried Choi Sum  清炒菜心 Steamed Rice 米饭	Diced Pork and vegetable noodles 岐山肉丁臊子面 Soy sauce egg 卤蛋 Green vegetables  青菜	Taiwan Basil Chicken  台式三杯鸡 Sautéed cabbage  清炒圆白菜 Steamed Rice 米饭	Sautéed Beef Slice in Hot Chilli Oil  巴蜀水煮牛肉 Fried bean sprouts with vegetables  五彩银芽 Steamed Rice 米饭










MEAL/菜品	MONDAY 8.23	TUESDAY 8.24	WEDNESDAY 8.25	THURSDAY 8.26	FRIDAY 8.27
Soup	French onion soup 法式洋葱汤	Chicken & black mushroom soup 蘑菇鸡汤	Potato Soup 土豆汤	Winter melon Chicken ball soup 冬瓜鸡丸汤	Pumpkin Soup 南瓜汤
Asian	Braised Pork Rice 台式卤肉饭 Braised Egg 卤蛋 Wok-Fried Cabbage 炆炒圆白菜	Sliced Fish in Hot Chili Oil 水煮鱼 Shredded potato with pepper 尖椒土豆丝 Steamed Rice 米饭	Sichuan Style Sour & Hot Glass Noodles 四川酸辣粉 Sautéed Lettuce 圆生菜 Chinese Pancake 肉夹馍	Hot Spicy Pot 麻辣香锅 Stew with cabbage and vermicelli 包菜炒粉条 Steamed Rice 米饭	Fried Rice Noodle 牛肉炒河粉 Chicken Satay 沙爹鸡肉串 Sautéed Cole 清炒油菜





MEAL/菜品	MONDAY 8.30	TUESDAY 8.31	WEDNESDAY	THURSDAY	FRIDAY
Soup	Tomato Egg Soup 番茄蛋汤	Mixed Beef Soup 西湖牛肉羹			
Asian	Teriyaki Chicken  日式照烧鸡 Sautéed Cabbage & Carrot  清炒圆白菜 Steamed Rice 白米饭 	Cantonese style pork rice 广式腊味煲仔饭 Crispy Chicken  Fillet 香酥鸡柳 Boiled Guangdong cabbage  白灼广东菜心 