



MEAL/ 菜品	MONDAY 11.1	TUESDAY 11.2	WEDNESDAY 11.3	THURSDAY 11.4	FRIDAY 11.5
<b>Soup</b>	Seaweed & Egg Soup 紫菜蛋花汤	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
<b>Asian</b>	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 Choi 白灼油菜	Indian cuisine 印度美食节 Masala curry sheep 玛萨拉咖喱羊肉 Curry Vegetables 咖喱蔬菜 Indian rice 印度黄饭 India to fly pie 印度飞饼	Braised Pork Rice 台式卤肉饭 Braised Egg 卤蛋 Wok-Fried Cabbage 炆炒圆白菜





MEAL/ 菜品	MONDAY 11.8	TUESDAY 11.9	WEDNESDAY 11.10	THURSDAY 11.11	FRIDAY 11.12
<b>Soup</b>	Russian Soup 罗宋汤	Creamy Tomato Soup 奶油番茄汤	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
<b>Asian</b>	Sweet & Sour Chicken with pineapple 菠萝咕嚕鸡肉 Sautéed Cabbage 手撕圆白菜 Steamed Rice 米饭	Rice in clay pot 港式腊味煲仔饭 Sautéed Cole 清炒菜心 Braised Egg 卤蛋	noodle 拉条子 Lamb with tomato soya sauce 过油羊肉臊子 vegetable 芹菜木耳	Lotus leaf glutinous rice chicken 荷叶糯米鸡 Stir-Fried Broccoli with Carrot 菜花配胡萝卜 Steamed Rice 白米饭	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 11.15	TUESDAY 11.16	WEDNESDAY 11.17	THURSDAY 11.18	FRIDAY 11.19
<b>Soup</b>	Minestrone Soup 意式蔬菜汤	Chicken&Mushroom Soup 香菇炖鸡汤	Creamy Carrot Soup 奶油胡萝卜汤	Sweet Tremella Soup 银耳甜汤	Creamy Corn Soup 奶油玉米汤
<b>Asian</b>	Braised Pork Meatballs with Brown Sauce 红烧丸子 Sautéed Cabbage & Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭	Stir-fried Beef Udon Noodles 日式牛肉炒乌冬面 Sautéed Cai Sim 清炒油菜	Diced Pork and vegetable noodles 上海排骨面 Green vegetables 青菜 香菜, 小葱	Lamb Stew with Steamed Rice 新疆羊肉抓饭 Sautéed Baby Cabbage 炒娃娃菜	Taiwan Special Chicken 台式三杯鸡 Sautéed cabbage 清炒圆白菜 Steamed Rice 米饭





MEAL/ 菜品	MONDAY 11.22	TUESDAY 11.23	WEDNESDAY 11.24	THURSDAY 11.25	FRIDAY 11.26
<b>Soup</b>	Seaweed & Egg Soup 紫菜蛋花汤	Creamy Potato Soup 奶油土豆汤	Duck & Mushroom Soup 菌菇老鸭汤	Chinese Cabbage Soup 白菜粉丝汤	Minestrone Soup 意大利蔬菜汤
<b>Asian</b>	Fried beef rolls 照烧金针肥牛卷 Chinese vegetable 小油菜 Steamed Rice 米饭	Sliced Fish in Hot Chili Oil 水煮鱼 Shredded potato with pepper 尖椒土豆丝 Steamed Rice 白米饭	Diced Pork and vegetable noodles 岐山肉丁臊子面 Green vegetables 青菜 香菜, 小葱	Braised spareribs with mushrooms 香菇烧排骨 Sautéed Cole 清炒油菜 Steamed Rice 米饭	Fried rice with diced beef and pineapple 牛肉菠萝炒饭 Crispy fried chicken fillet 香酥炸鸡柳 Stir fried vegetable 清炒菜心





MEAL/ 菜品	MONDAY 11.29	TUESDAY 11.30	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Seaweed & Egg Soup 紫菜蛋花汤	Mixed Beef Soup 西湖牛肉羹			
<b>Asian</b>	Oil lymphatic sand fish 油淋巴沙鱼 Sautéed Cabbage & Carrot 清炒圆白菜 Steamed Rice 白米饭	Crispy camphor tea duck 香酥樟茶鸭 Sautéed Choi Sim 清炒菜心 Steamed Rice 白米饭			

