



MEAL/ 菜品	MONDAY 11.1	TUESDAY 11.2	WEDNESDAY 11.3	THURSDAY 11.4	FRIDAY 11.5
Soup	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
Western	Vegetarian diet 素食 Cheese gratin rice w/Z--ROU 植物肉焗饭 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 Kimchi 泡菜	chicken & Cheese Hamburger 鸡肉芝士汉堡包 French Fries 薯条 Cheese 奶酪 Vegetable 时蔬	Indian cuisine 印度美食节 Curry Fish 印度咖喱鱼 Samosa 印度咖喱角 Curry Broccoli 玛萨拉西兰花 Indian rice 印度黄饭	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 11.8	TUESDAY 11.9	WEDNESDAY 11.10	THURSDAY 11.11	FRIDAY 11.12
Soup	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
Western	Vegetarian diet 素食 Bibimbap 石锅拌饭 Z--ROU/ Mushroom/Zucchini/ Carrot/ Bean Sprout/Egg 植物肉, 蘑菇, 西葫芦, 胡萝卜, 豆芽, 煎鸡蛋 Pickled kimchi 泡菜	 Fried Fish with Tomato Sauce  香煎鲷鱼配茄汁 Sautéed Mix Vegetable 田园混合蔬菜 Garlic Bread 蒜香烤面包	BBQ Pork Chop 美式烧烤猪排 Roasted Potato 烤土豆 Bread 面包 Mixed Vegetables 混合时蔬	 Beef & Cheese Hamburger 牛肉芝士汉堡包 French Fries 自制薯条 Cheese 芝士 Stir-fry Vegetables 炒蔬菜	 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 11.15	TUESDAY 11.16	WEDNESDAY 11.17	THURSDAY 11.18	FRIDAY 11.19
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	Sweet Tremella Soup 银耳甜汤	Creamy Corn Soup 奶油玉米汤
Western	Rosemary Chicken  迷迭香烤春鸡 Mix Vegetable  混合时蔬 Roasted Potato 烤土豆	Korean wok-fried  chicken 韩国炒鸡 Korean style rice cake 韩国风味米条 Pickled vegetables  韩国泡菜	Italy Seafood Risotto  意大利海鲜 烩饭  Broccoli and Cherry  Tomato 西兰花小番茄	Vegetarian diet 素食 Quesadilla Z--ROU  墨西哥植物肉 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 11.22	TUESDAY 11.23	WEDNESDAY 11.24	THURSDAY 11.25	FRIDAY 11.26
Soup	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
Western	Korean Roasted Pork 韩式烤五花肉 Kimchi Cabbage 辣白菜 Fried Kimchi Rice 韩式泡菜炒饭	Vegetarian diet 素食 Potato Z--ROU Pie 植物肉土豆泥派 Mix Vegetables 黄油时蔬 Garlic Bread 蒜蓉面包	Deep-Fried Fish Chop with Tartar Sauce 英式炸鱼排配 塔塔汁 Vegetables 时蔬 Home Made French Fries 自制薯条	Thanksgiving 感恩节 Roasted Turkey 香草烤火鸡 Broccoli carrot 西蓝花胡萝卜 Roasted Potato 香草烤土豆	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





MEAL/ 菜品	MONDAY 11.29	TUESDAY 11.30	WEDNESDAY	THURSDAY	FRIDAY
Soup	Seaweed & Egg Soup 紫菜蛋花汤	Mixed Beef Soup 西湖牛肉羹			
Western	Korean army hotpot 韩式部队火锅 Pickled vegetables 韩国泡菜	Spaghetti 意大利直面 Penne 意大利斜切面 Bolognaise 牛肉酱 Tomato Sauce 番茄酱 番茄, 芝士, 培根, 洋葱			

