












MEAL/菜品	MONDAY 1.3	TUESDAY 1.4	WEDNESDAY 1.5	THURSDAY 1.6	FRIDAY 1.7
Soup	Tomato Egg Soup 番茄鸡蛋汤	Creamy Mushroom Soup 奶油蘑菇汤	Mixed Beef Soup 西湖牛肉羹	Creamy Pumpkin Soup 奶油南瓜汤	Seaweed & Egg Soup 紫菜蛋花汤
Asian	Braised Fish with Pickle  酸菜鱼 Stir-Fried Cabbage  炆炒包菜 Steamed Rice 米饭	Braised Pork Rice 台式卤肉饭 Braised Egg 卤蛋 Sautéed bok choy  清炒油菜	Noodles with Pork Ribs 上海排骨面 (猪肉) Sautéed Bok Choi  白灼菜心	Braised Chicken  黄焖鸡 Sautéed Cole  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





MEAL/菜品	MONDAY 1.10	TUESDAY 1.11	WEDNESDAY 1.12	THURSDAY 1.13	FRIDAY 1.14
Soup	LaBa porridge 腊八粥	Tomato Egg Soup 番茄鸡蛋汤	Korean Miso Soup 韩式大酱汤	Chinese Cabbage Soup 白菜粉丝汤	Russian Soup 罗宋汤
Asian	Braised fish slices  干烧鱼块  Stir-Fried Choi Sum  生炒广东菜心 Steamed Rice 米饭	Sweet & Sour Chicken with pineapple  菠萝咕嚕鸡肉 Sautéed Cabbage  手撕圆白菜 Steamed Rice 米饭	Pita Bread Soaked in Lamb Soup  羊肉泡馍 Condiment 小料	Chicken Teriyaki  日式照烧鸡 Sautéed Cabbage & Carrot  胡萝卜炒圆白菜 Steamed Rice 白米饭	Hot-Spicy Pot 麻辣香锅 Stew with cabbage and vermicelli  包菜炒粉条 Steamed Rice 白米饭





MEAL/菜品	MONDAY 1.17	TUESDAY 1.18	WEDNESDAY 1.19	THURSDAY 1.20	FRIDAY 1.21
Soup	Seaweed & Egg Soup 紫菜蛋花汤	Pear Tremella Soup 银耳雪梨汤	Creamy Carrot Soup 奶油胡萝卜汤	Mixed Beef Soup 西湖牛肉羹	Mexican corn soup 墨西哥玉米汤
Asian	Beef Teriyaki with Rice  日式照烧牛肉饭 Stir-Fried Broccoli with Carrot  菜花配胡萝卜 Steamed Rice 白米饭	Braised Pork balls 红烧猪肉狮子头 Sautéed Cabbage & Carrot  胡萝卜炒圆白菜 Steamed Rice 米饭	Sour & Hot Glass “Sichuan Style Noodles” 四川酸辣粉 Sautéed Lettuce  圆生菜 Chinese Pancake 肉夹馍	HaiNan Chicken  海南鸡腿 Sautéed Cole  清炒油菜 Chicken Rice 鸡饭	Mexican food festival 墨西哥美食节 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





MEAL/菜品	MONDAY 1.24	TUESDAY 1.25	WEDNESDAY 1.26	THURSDAY 1.27	FRIDAY 1.28
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	Tofu soup 文思豆腐羹	Creamy Potato Soup 奶油土豆汤
Asian	<p>Sauteed Shelled Shrimp 清炒虾仁</p> <p>Fried spinach with vermicelli 粉丝炒菠菜</p> <p>Steamed Rice 米饭</p>	<p>Yang zhou Fried Rice 扬州炒饭</p> <p>Chicken with Sweet Sour Sauce 港式叉烧鸡腿</p> <p>Sautéed Cai Sim 清炒菜心</p>	<p>Grille Beef Patty 煎牛肉馅饼</p> <p>Sautéed Cole 清炒油菜</p>	<p>Taste Jiangsu food festival 品味江苏美食节</p> <p>Pork Rib "Wuxi Style" 无锡排骨</p> <p>Seasonal vegetables in soup 上汤时蔬</p> <p>Yangzhou fried rice 扬州炒饭</p>	<p>Special Chicken "Taiwan Style" 台式三杯鸡</p> <p>Sauteed cabbage 清炒圆白菜</p> <p>Steamed Rice 米饭</p>

