

MEAL/菜品	MONDAY 1.3	TUESDAY 1.4	WEDNESDAY 1.5	THURSDAY 1.6	FRIDAY 1.7
<b>Soup</b>	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
<b>Hot Food</b>	Poached Spicy pork 水煮肉 Stir-Fried Celery with Dry Bean Curd 香干西芹 Steamed Rice 米饭	Pork and Bean Curd Stew 红烧肉炖豆泡 Stir-fried eggs with Vegetables 鸡蛋炒合菜 Steamed Rice 米饭	Hunan Spicy Chicken 湖南麻辣子鸡 Tofu Stew with cabbage 白菜豆腐 Steamed Rice 米饭	Shredded pork with garlic sauce 鱼香肉丝 Stir-Fried Bok Choi 清炒油菜 Steamed Rice 米饭	Chinese Noodles 手擀面 chicken Sauce 鸡丝卤 With Vegetable 配时令蔬菜丝
<b>Fruit</b>	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



MEAL/菜品	MONDAY 1.10	TUESDAY 1.11	WEDNESDAY 1.12	THURSDAY 1.13	FRIDAY 1.14
<b>Soup</b>	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
<b>Hot Food</b>	腊八节 Braised Chicken with Turnip 萝卜烧鸡腿 Chinese Bok Choi with Mushroom 香菇油菜 Steamed Rice 米饭	Stir-Fried with Pork, Egg, mixed vegetable 木须肉 (猪肉) Sautéed Winter Melon 小葱烧冬瓜 Steamed Rice 米饭	Stewed potato with pork in brown sauce 红烧肉炖土豆 Stew with cabbage and vermicelli 白菜粉条 Steamed Rice 米饭	Stir-Fried Chicken with Chili Sauce 辣子鸡丁 Stir-fried Cabbage 炆炒圆白菜 Steamed Rice 米饭	Chinese Noodles 手擀面 Braised Eggplant With diced Pork 茄子肉丁卤 With Vegetable 配时令蔬菜丝
<b>Fruit</b>	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



MEAL/菜品	MONDAY 1.17	TUESDAY 1.18	WEDNESDAY 1.19	THURSDAY 1.20	FRIDAY 1.21
<b>Soup</b>	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
<b>Hot Food</b>	Braised chicken thigh 红烧鸡腿 Sautéed squash 素炒西葫芦 Steamed Rice 米饭	Stir-Fried beef with Tofu 牛肉末烧豆腐 Braised Mushroom with Winter Melon 蘑菇烧冬瓜 Steamed Rice 米饭	Eggplant with Pork in Brown sauce 猪肉烧茄子 Sautéed Potato with Green Pepper 青椒土豆片 Steamed Rice 米饭	Twice-cooked pork 四川回锅肉 Stew with cabbage 白菜冻豆腐 Steamed Rice 米饭	Handmade Noodles 手擀面 Braised vegetarian Sauce 素打卤 With Vegetable 配时令蔬菜丝
<b>Fruit</b>	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



MEAL/菜品	MONDAY 1.24	TUESDAY 1.25	WEDNESDAY 1.26	THURSDAY 1.27	FRIDAY 1.28
<b>Soup</b>	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
<b>Hot Food</b>	Stir-Fried Pork with Black Fungus and Egg 木须猪肉 Sautéed bok choy 清炒油菜 Steamed Rice 米饭	北方小年 Pork & Vegetable Dumplings 猪肉水饺 Chinese Chive and Egg Dumplings 韭菜鸡蛋素水饺	Braised Duck Sichuan Sauce 麻辣鸭块 Tofu Stew with cabbage 白菜豆腐 Steamed Rice 米饭	Braised Beef with Turnip 萝卜炖牛肉 Sautéed Celery with dry Bean Curd 香干芹菜 Steamed Rice 米饭	Sauteed Pork with Tofu 肉末红烧豆腐 (猪肉) Zucchini & egg 西葫芦炒鸡蛋 Steamed Rice 米饭
<b>Fruit</b>	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶

