



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	Wok-fried chicken "Korean Style" 🕌 韩国炒鸡 "Korean style" rice cake 韩国风味米条 Pickled vegetables 🌿 泡菜	Chicken leg B.B.Q 🕌 B.B.Q烤鸡腿 Mixed Vegetables 🌿 混合时蔬 Roasted Potato 烤土豆	Gratinated Rice w/meat ball and 🕌 Cheese 意式牛肉丸焗饭 Mixed Vegetables 🌿 混合时蔬	Deep Fried Fish 🕌 Fillet 🐟 英式炸鱼 French Fries 薯条 Vegetables 🌿 时蔬	Vegetarian diet 素食 Spaghetti 意大利直面 Penne 意大利斜切面 Z-ROU Bolognaise 🌿 植物肉肉酱 Tomato Sauce 🌿 番茄酱 (番茄.芝士.洋葱)





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	Roasted Chicken with Rosemary 迷迭香烤春鸡 Mix Vegetable 混合时蔬 Roasted Potato 烤土豆	Cheese and Beef Burger 牛肉芝士汉堡包 French Fries 炸薯条 Cheese/ Tomato/ pickle 芝士/番茄/酸黄瓜 Vegetables 时蔬	French Confit Duck Leg 法式油封鸭腿 Roasted Tomato 烤小番茄 Mushroom Risotto 蘑菇芝士焗饭	Vegetarian diet 素食 Z-ROU Pizza 植物肉披萨 Margaret Pizza 玛格丽欧特披萨 Vegetarian Spring Rolls 素春卷 Vegetables 时蔬	Chicken Stew “Italy Style” 意大利番茄烩鸡 Grilled Vegetable 扒蔬菜 Green Pesto Pasta 青酱意面





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	Deep-Fried Pork Chop 日式风味炸猪排 Mix Vegetable 混合时蔬 Mashed Potato 奶香土豆泥	Bibimbap 韩式石锅拌饭 Beef Slice/ Mushroom/Zucchini/ Carrot/ Bean Sprout/Egg 肥牛,蘑菇,西葫芦,胡萝卜,豆芽,煎鸡蛋 Pickled kimchi 泡菜	Fish Curry 印度咖喱鱼 Broccoli Curry 玛萨拉西兰花 Indian rice 印度黄饭	Sausages with sauerkraut 德式酸菜猪肉香肠 Mix Vegetable 混合时蔬 Roasted bread 烤面包	Mexican food festival 墨西哥美食节 Mexican Burrito 墨西哥鸡肉卷 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	Hot Dog "American Style" 美式热狗 French Fries 炸薯条 Mixed Vegetables 混合时蔬	Salami Pizza 猪肉萨拉米披萨 Cheese Pizza 芝士披萨 Chicken Wings 烤鸡翅 Vegetables 时蔬	Vegetarian diet 素食 Cheese gratin rice w/Z--ROU 植物肉焗饭 Mixed Vegetables 混合时蔬	Taste Jiangsu food festival 品味江苏美食节 Nanjing salted duck 南京盐水鸭 Braised shredded chicken with Ham and Dried Tofu 大煮干丝 Steamed Rice 米饭	Korean Roasted Pork 韩式烤五花肉 Kimchi Cabbage 辣白菜 Fried Kimchi Rice 韩式泡菜炒饭

