

STATION	MONDAY 10.5	TUESDAY 10.6	WEDNESDAY 10.7	THURSDAY 10.8	FRIDAY 10.9
Soup 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	Daily Soup 每日例汤
Staff Lunch Set Menu 员工餐	Fried Pork with Cucumber & Black Fungus 滑溜肉片 (猪) Stir-fried Zucchini & Egg 西葫芦炒蛋 Steamed Rice 米饭 Chinese Pancake 烙饼	Sour Spicy Fish Fillets 酸菜鱼 Shredded Potato with Green Bell Pepper 青椒土豆丝 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	Fried Beef 过油牛肉 Stewed Cabbage & Vermicelli 白菜炖粉条 Steamed Rice 米饭 Steamed Corn 蒸玉米	Braised Chicken with Mushroom 小鸡炖蘑菇 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Fried Pork Sauce Noodles 猪肉炸酱面 Tomato & Egg Noodles 番茄鸡蛋面 Vegetables 时令蔬菜

STATION	MONDAY 10.12	TUESDAY 10.13	WEDNESDAY 10.14	THURSDAY 10.15	FRIDAY 10.16
Soup 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	Daily Soup 每日例汤
Staff Lunch Set Menu 员工餐	Canadian Week Thanksgiving 加拿大感恩节 Roasted Herb Chicken 香草烤鸡肉 Stir-Fried Beef with Tofu 麻婆牛肉豆腐 Braised Winter Melon with Dried Shrimp 虾皮冬瓜 Steamed Rice 米饭	Fried Pork with Cucumber & Carrot 猪肉酱爆三丁 Stir-fried Potato, Green Pepper & Eggplant 地三鲜 Steamed Rice 米饭 Homemade Steamed Twisted Rolls 自制花卷	Tea-smoked Diced Duck 茶香鸭块 Tomato & Cabbage 番茄圆白菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	Shanxi Daoxiao Noodles (Pork) 山西刀削面 (猪) Tomato & Egg Noodles 番茄鸡蛋面 Vegetables 时令蔬菜	Chicken Meatballs 红烧鸡肉狮子 头 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Corn 蒸玉米

STATION	MONDAY 10.19	TUESDAY 10.20	WEDNESDAY 10.21	THURSDAY 10.22	FRIDAY 10.23
Soup 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	Daily Soup 每日例汤
Staff Lunch Set Menu 员工餐	Braised Chicken with Potato 鸡腿烧土豆 Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Chinese Pancake 烙饼	Braised Pork with Kelp 猪肉烧海带 Stewed Cabbage with Tofu 白菜炖豆腐 Steamed Rice 米饭 Homemade Steamed Bun 自制小馒头	Braised Fish in Brown Sauce 红烧鱼块 Stir-fried Eggs with Vegetables 炒合菜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Braised Duck Leg in Soy Sauce 酱香鸭腿 Stir-fried Zucchini & Egg 西葫芦炒蛋 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	Stir-fried Shredded Pork with Garlic 蒜苔炒猪肉丝 Stir-fried Potato with Green Pepper 青椒土豆片 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯

STATION	MONDAY 10.26	TUESDAY 10.27	WEDNESDAY 10.28	THURSDAY 10.29	FRIDAY 10.30
Soup 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	Daily Soup 每日例汤
Staff Lunch Set Menu 员工餐	Stir-fried Duck with Onion & Cumin 洋葱孜然鸭 Braised Pork with Mixed Vegetables 东北大丰收 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	Braised pork with Vermicelli 宽粉红烧肉 Shiitake Mushroom with Bok Choy 香菇油菜 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	Stir-fried Chicken with Black Bean Sauce 湖南豉汁剁椒蒸鸡 Sautéed Baby Cabbage 干锅娃娃菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Shredded Beef with Garlic Sauce 鱼香牛肉丝 Shredded Potato with Green Bell Pepper 青椒土豆丝 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Noodles 面条 Braised Pork with Eggplant 猪肉茄子卤 Pickled Mustard & Bamboo Shoots with Dried Tofu 雪菜笋丝烧素 鸡卤 Vegetables 时令蔬菜