WEEKLY MENU

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.2	TUESDAY 11.3	WEDNESDAY 11.4	THURSDAY 11.5	FRIDAY 11.6
Soup	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 滑溜猪肉片 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Chinese Pancake 烙饼	Fried Beef 香干炒牛肉 Shredded Potato with Green Pepper 青椒土豆丝 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	Hot Spicy Pot 麻辣香锅 Stewed Cabbage & Vermicelli 白菜炖粉条 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Braised Chicken with Mushroom 小鸡炖蘑菇 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Shredded Pork with Preserved Mustard Noodles 榨菜肉丝面 Vegetarian Sauce 素打卤 Vegetables 时令蔬菜

WEEKLY MENU

STATION	MONDAY 11.9	TUESDAY 11.10	WEDNESDAY 11.11	THURSDAY 11.12	FRIDAY 11.13
Soup	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	Yimeng Fried Chicken 沂蒙炒鸡 Mushroom with Winter Melon 蘑菇烧冬瓜 Steamed Rice 米饭 Steamed Potato 蒸土豆	Fried Pork with Cucumber & Carrot 猪肉酱爆三丁 Sautéed Potato, Green Pepper & Eggplant 地三鲜 Steamed Rice 米饭 Steamed Twisted Rolls 自制花卷	Braised Duck in Sichuan Sauce 茶香鸭块 Tomato & Cabbage 番茄圆白菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Poached Spicy Beef 水煮牛肉 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Kung Pao Chicken 宫保鸡丁 Sautéed Celery with Bean Curd 香干芹菜 Steamed Rice 米饭 Steamed Corn 蒸玉米

WEEKLY MENU

STATION	MONDAY 11.16	TUESDAY 11.17	WEDNESDAY 11.18	THURSDAY 11.19	FRIDAY 11.20
Soup	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 Pork with Potato 猪肉烧土豆 Chinese Bok Choy with Shiitake Mushroom 香菇油菜 Steamed Rice 米饭 Chinese Pancake 烙饼	Three Sauce Braised Basa Fish Vegetables 巴沙鱼蔬菜三汁焖锅 Tofu & Cabbage Stew 白菜炖豆腐 Steamed Rice 米饭 Homemade Steamed Oat Buns 自制燕麦馒头	Steamed Chicken & Shiitake Mushroom 香菇蒸嫩鸡 Sautéed Mixed Vegetables 京味炒合菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Noodles with Pork Gravy 北京猪肉打卤面 Vegetarian Sauce 素打卤 Vegetable 时令蔬菜	Fried Shredded Pork with Garlic Sprouts 蒜苔炒猪肉丝 Fried Potato with Green Pepper 青椒土豆片 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯

WEEKLY MENU

STATION	MONDAY 11.23	TUESDAY 11.24	WEDNESDAY 11.25	THURSDAY 11.26	FRIDAY 11.27
Soup	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 Mixed Vegetables 东北大丰收 Steamed Rice 米饭	Oyster Sauce Beef 蚝油牛肉 Shredded Potato with Green Pepper 青椒土豆丝 Steamed Rice 米饭 Homemade Steamed Bun 自制馒头	Braised Pork with Vermicelli 宽粉红烧肉 Chinese Bok Choy with Shiitake Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	Noodles with Shredded Pork & Preserved Vegetable 雪菜肉丝面 Vegetarian Sauce 素打卤 Vegetable 时令蔬菜	Steamed 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 Pumpkin Bun 南瓜馒头

WEEKLY MENU

STATION	MONDAY 11.30	TUESDAY 12.1	WEDNESDAY 12.2	THURSDAY 12.3	FRIDAY 12.4
Soup	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	Yu-shiang Shredded Pork 鱼香肉丝 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Chinese Pancake 烙饼	Braised Duck Sichuan Sauce 麻辣鸭块 Shredded Potato with Green Bell Pepper 青椒土豆丝 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Moo Shu Beef 牛肉醋溜木须 Stir-fried Zucchini with Bean Curd 西葫芦炒腐竹 Steamed Rice 米饭 Steamed Corn 蒸玉米	Fish Fillet in Tomato Sauce 番茄鱼片 Stir-fried Tofu 家常豆腐 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	Diced Pork Noodles with Eggplant 茄子肉丁面 Vegetarian Sauce 素打卤 Vegetable 时令蔬菜