

周末菜单 Weekend Menu

日期/菜单
Date/Menu

周五
Fri

周六
Sat

周日
Sun

第一周
(12月1日—12月3日)

晚餐 Dinner	早餐 Breakfast	午餐 Lunch	晚餐 Dinner	点心 Snack	早餐 Breakfast	晚餐 Dinner
蚝油牛肉 Oyster sauce beef	鲜肉包 Pork Bun	韩式甜辣酱炸鸡翅 Korean Chicken Wing w/ Sweet and Hot Sauce	洋葱牛肉丝 Braised Beef & Onion Slices		干炸藕盒 Lotus Root Box	糖醋排骨 Sweet and Sour Spare Ribs
莴笋炒肉片 Stir-fried pork slices with lettuce	混合谷物麦片、纯牛奶、 酸奶、鲜牛奶 Mixed cereal、Milk、 Yogurt、Fresh milk	韩式牛肉炒粉丝 Korean beef stir-fried vermicelli	孜然鸡柳 Cumin chicken fillet	牛奶+点心 Milk&Snack	混合谷物麦片、纯牛奶、 酸奶、鲜牛奶 Mixed cereal、Milk、 Yogurt、Fresh milk	农家小炒肉 Fried Beef with Colored Peppers and Onions
广东菜心 Cantonese cabbage heart	菠萝羊角 Pineapple croissants	韩式混合蔬菜 Korean Mixed Vegetable	清炒茼蒿菜 Chinese Green	水果+点心 Fruit&Snack	毛毛虫面包 Caterpillar bread	鸡汁娃娃菜 Baby cabbage with chicken sauce
米饭 Rice	白煮蛋 Egg	米饭 Rice	米饭 Rice		咸鸭蛋 Salted duck egg	米饭 Rice
番茄鸡蛋汤 Tomato and egg soup	水果块 Fruit block	筒骨山药汤 Pork & Yam Soup	酸辣汤 Hot and Sour Soup		蒜香杭白菜 Chinese Cabbage W/ Garlic Flavor	紫菜蛋花汤 Seaweed & Egg Soup
酸奶 Yogurt	芝麻汤圆 Sesame rice balls	水果 Fruit	酸奶 Yogurt		百合南瓜粥 Lily pumpkin porridge	酸奶 Yogurt

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台式卤肉 Minced Pork Stew Taiwan Style	鸡蛋千层饼 Thousand Layer cake with Egg	泡菜五花肉 Pork belly with kimchi	日式照烧鸡排 Teriyaki Chicken Chop	牛奶+点心 Milk&Snack	鸡肉包 Steamed Chicken Bun	排骨年糕 Rice cake with spare ribs
卤蛋 Boiled Egg in Soy Sauce	混合谷物麦片、纯牛奶、 酸奶、鲜牛奶 Mixed cereal、Milk、 Yogurt、Fresh milk	鲜菇滑蛋 Scrambled eggs with fresh mushrooms	牛肉沫烧萝卜 Minced beef with radish		混合谷物麦片、纯牛奶、 酸奶、鲜牛奶 Mixed cereal、Milk、 Yogurt、Fresh milk	鸡肉沫茄子 Braised eggplant with chicken
炒菠菜 Poached Spinach	芝士面包 Cheese bread	韩式拌饭菜 Bibimbap	广东菜心 Cantonese flowering cabbage	水果+点心 Fruit&Snack	椰子小球 Coconut ball bread	青椒土豆丝 Green Pepper and Potato
米饭 Rice	玉米粒滑蛋 Scrambled egg with corn kernels	米饭 Rice	米饭 Rice		卤鹌鹑蛋 Quail Egg w/ Soybean Sauce	米饭 Rice
紫菜虾皮汤 Seaweed and shrimp soup	蚝油生菜 Lettuce W/ Oyster Sauce	牛肉粉丝汤 Beef & Sweet Potato Fans Soup	味增海带汤 Miso Kelp Soup		西芹炒香干 Sautéed Celery & Tofu	番茄鸡蛋汤 Tomato and egg soup
酸奶 Yogurt	八宝粥 Eight Treasures Porridge	水果 Fruit	酸奶 Yogurt		云南过桥米线 Yunnan Crossing Bridge Rice Noodles	酸奶 Yogurt

第二周
(12月8日—12
月10日)

周末菜单 Weekend Menu

日期/菜单
Date/Menu

周五
Fri

周六
Sat

周日
Sun

晚餐 Dinner	早餐 Breakfast	午餐 Lunch	晚餐 Dinner	点心 Snack	早餐 Breakfast	晚餐 Dinner
咖喱牛腩 Beef Curry	蒸饺 Steamed Dumpling	彩椒炒鸡仔 Fried chicken with chili	香酥鸭 Crispy duck		扬州烧麦 Siu Mai	耗油牛肉 Oil beef
干锅花菜肉片 Sliced pork with dried cauliflower	混合谷物麦片、纯牛奶、 酸奶、鲜牛奶 Mixed cereal、Milk、 Yogurt、Fresh milk	虾仁玉米炖水蛋 Steamed Egg w/ Shrimps	椒盐鸡柳 Chicken fillet with salt and pepper	牛奶+点心 Milk&Snack	混合谷物麦片、纯牛奶、 酸奶、鲜牛奶 Mixed cereal、Milk、 Yogurt、Fresh milk	肉沫海带 Minced pork kelp
炒青菜 Stir-fried vegetable Green	菠萝羊角 Pineapple croissants	木耳青菜 Sauteed Green Vegetable & Black Fungus	面筋杭白菜 Chinese cabbage with gluten		红豆墨西哥面包 Red bean Mexican bread	西芹腐竹 Celery and bean curd bamboo
米饭 Rice	菠菜滑蛋 Spinach egg	米饭 Rice	米饭 Rice	水果+点心 Fruit&Snack	茶叶蛋 Egg w/ Soybean & Tea Sauce	米饭 Rice
冬瓜薏米老鸭汤 Duck soup with white gourd and barley	醋溜卷心菜 Boiled cabbage w/ Vinegar Sauce	青菜豆腐羹 Vegetables & Tofu soup	番茄鸡蛋汤 Tomato and egg soup		广式菜心 Cantonese style vegetable heart	牛肉丸汤 Meat Ball Soup
酸奶 Yoghurt	上汤鸡丝米线 Shredded Chicken Rice Noodles	水果 Fruit	酸奶 Yoghurt		皮蛋瘦肉粥 Lean Pork Porridge W/ Preserved Eggs	酸奶 Yoghurt

第三周
(12月15日—12
月17日)