



NOM NOM

Menus may be subject to change due to daily availability of ingredients / 菜单有可能会根据日常原材料的供应状况做相应调整

## WEEK 2

DATE

## MONDAY

January 11

## TUESDAY

January 12

## WEDNESDAY

January 13

## THURSDAY

January 14

## FRIDAY

January 15



MAIN

Fried Noodles with  
Vegetable Shredded  
三丝炒面

Veggie Curry  
蔬菜咖喱

Pasta Gratin  
with Mushrooms  
蘑菇奶油焗意粉

Kimbap  
紫菜包饭

Vegetables Chili  
蔬菜酱



MAIN

Vegetable Stew with Pearl  
Barley  
蔬菜烩大麦

Lemon Grass Steam Rice  
香茅蒸饭

Vegetable Spring Roll  
素食春卷

Fried Eggs with Tomatoes  
番茄炒蛋

Stuffed Zucchini with  
Chickpea & Mushroom  
鹰嘴豆蘑菇酿小瓜



SIDE

Onion & Zucchini Omelete  
洋葱小瓜鸡蛋饼

Pumpkin Cake  
南瓜饼

Sautéed Corn  
清炒玉米粒

Baked Beans  
in Tomato Sauce  
茄汁焗豆

Moroccan Carrots  
摩纳哥风味烤胡萝卜



SIDE

Roasted Vegetables  
烤蔬菜

Stir-fried Cabbage  
清炒包菜

Buttered Spinach  
黄油菠菜

Stir-fried Carrot  
with Broccoli  
胡萝卜炒西兰花

Garlic Choy Sum  
蒜香菜心