

CHINESE

中餐盒饭

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 1

DATE

MONDAY

October 7

TUESDAY

October 8

WEDNESDAY

October 9

THURSDAY

October 10

FRIDAY

October 11



MAIN



MAIN



SIDE



SIDE



RICE

National Holiday
国庆节

Chicken Curry
咖喱鸡

Stir-fried Eggplant
with Pork Mince
肉沫炒茄子

Sautéed Shredded Celtuce
清炒莴笋丝

Stir-fried Vegetable
小炒蔬菜

Steamed Rice
白米饭

Stir-fried Slice Pork with
Mu'er & Chinese Yam
淮山木耳炒肉片

Stir-fried Shrimp
with corn & Celery
玉米粒西芹炒虾仁

Garlic Choy Sum
蒜蓉菜心

Stir-fried Vegetable
小炒蔬菜

Steamed Rice
白米饭

Braised Beef Brisket
with Tomato
番茄焖牛肉

Shredded Pork
with Garlic Sauce
鱼香肉丝

Vegetarian Spring Rolls
素食春卷

Stir-fried Vegetable
小炒蔬菜

Steamed Rice
白米饭

Braised Duck with Carrot
胡萝卜焖鸭

Chicken Cutlet
炸鸡排

Stir-fried Long Beans with
Preserved Vegetable
榄菜豆角

Stir-fried Vegetable
小炒蔬菜

Steamed Rice
白米饭

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WEEK 2

DATE

MONDAY

October 14

TUESDAY

October 15

WEDNESDAY

October 16

THURSDAY

October 17

FRIDAY

October 18



MAIN

Braised Pork with Potatoes
猪肉焖土豆

Braised Fish in Brown Sauce
红烧鱼

Baked Chicken
照烧鸡肉

Beef Brisket with
牛腩烧腐竹

Braised Tofu with Mince
红烧豆腐肉沫



MAIN

Stir-fried Duck
in Brown Sauce
爆炒鸭肉

Stir-fried Sliced Pork with
Mu'er & BellPepper
木耳彩椒炒肉片

Stir-fried BBQ Pork
with Egg & Scallion
葱花叉烧小炒蛋

Steamed Eggs
with Shrimp
虾仁蒸蛋

Stir-fried Shredded
Chicken with Celery & XO
Sauce
XO酱西芹炒鸡柳



SIDE

Sautéed
Shredded Vegetables
清炒脆三丝

Chicken Broth Tofu
鸡汁烧豆腐

Scrambled Eggs
with Tomatoes
番茄炒蛋

Garlic Choy Sum
蒜蓉菜心

Garlic Long Beans
蒜蓉青豆角



SIDE

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜



RICE

Steamed Rice
白米饭

Steamed Rice
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WEEK 3

DATE

MONDAY

October 21

TUESDAY

October 22

WEDNESDAY

October 23

THURSDAY

October 24

FRIDAY

October 25



MAIN

Braised Duck with Chinese
Chestnut & Carrot
板栗胡萝卜焖鸭

Fish Finger
手指鱼

Chicken Teriyaki
日式鸡肉

Beef Curry
咖喱牛肉

Taiwanese Braised Pork
台湾卤肉



MAIN

Shredded Diced Chicken
with Garlic Sauce
鱼香鸡丁

Stir-fried Pork Sliced
With Zucchini
云南小瓜炒肉片

Stir-fried Duck with Ginger
& Spring Onion
姜葱爆炒鸭肉

Shredded Pork
with Garlic Sauce
鱼香肉丝

Stir-fried Fish Ball
with Bell Peppers
彩椒炒鱼丸



SIDE

Steamed Dumpling
蒸饺子

Braised Tofu
with Tomato & Mushroom
番茄金针菇烩豆腐

Garlic Shredded Celtuce
香蒜炒莴笋丝

Steamed Bun
蒸馒头

Stir-fried Diced Veggies
炒蔬菜丁
(莴笋、胡萝卜、玉米)



SIDE

Stir-fried Vegetable
小炒蔬菜

Stir-fried Vegetable
小炒蔬菜

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Stir-fried Vegetable
小炒蔬菜



RICE

Steamed Rice
白米饭

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WEEK 4

DATE

MONDAY

October 28

TUESDAY

October 29

WEDNESDAY

October 30

THURSDAY

October 31

FRIDAY

November 1

 MAIN

Stir-fried Beef
with Bell Pepper & Onion
洋葱彩椒炒牛肉

Steamed Fish
With Light Soy Sauce
酱油蒸鱼

Chicken with Mushroom &
Oyster Sauce
蚝油香菇焖鸡

Sautéed Duck
with Carrot & Celery
胡萝卜西芹炒鸭肉

Char Siu(BBQ Pork)
蜜汁叉烧

 MAIN

Griddle Cooked Pork Slice
with Cauliflower
干锅花菜猪肉片

Stir-fried Lotus Root
with Pork Dice
酱爆藕丁炒肉

Stir-fried Shrimps
with Chinese Chive &
Scrambled Eggs
韭黄虾仁炒蛋

Stir-fried Pork Slice with
Celery & Bean Curd
芹菜香干炒肉片

Stir-fried Shredded Chicken
with Celery & XO Sauce
XO酱西芹炒鸡柳

 SIDE

Stir-fried Chinese Yam
with Mu'Er
淮山炒木耳

Chicken Broth Tofu
鸡汁烧豆腐

Stir-fried Long Beans with
Pickled Olive Vegetable
榄菜豆角

Sautéed Baby Cabbage
蒜蓉娃娃菜

Scrambled Eggs
with Tomatoes
番茄炒蛋

 SIDE

Stir-fried Vegetable
小炒蔬菜

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小炒蔬菜

 RICE

Steamed Rice
白米饭

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