



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

WEEK5

DATE

MONDAY

October 25

TUESDAY

October 26

WEDNESDAY

October 27

THURSDAY

October 28

FRIDAY

October 29



MAIN

Green Curry
with Mixed Mushroom
绿咖喱杂菇

Baked Macaroni with
Cauliflower & Cheese
花菜芝士焗弯通粉

Valencia Risotto
瓦伦西亚烩饭

Minestrone
意大利贝壳面烩杂蔬

Grilled cheese with Eggs
Quesadillas
鸡蛋芝士煎饼



MAIN

Falafel (Chickpea)
法拉费

Sauteed Diced Lotus Roots
with Spring Onion
葱香鲜藕丁

Stir-fried Diced Vegetables
七彩蔬菜丁

Broccoli Quiche
法式西兰花乳蛋饼

Stir-fried Long Bean
with Garlic
蒜蓉炒长豆角



SIDE

Steamed Corn
蒸甜玉米

Sauteed Mushroom
with Asparagus
清炒蘑菇芦笋

Scrambled Eggs with
Tomatoes
番茄炒蛋

Roasted Zucchini
烤小南瓜

Sauteed Cauliflower
with Carrot
清炒菜花胡萝卜



SIDE

Sauteed Zucchini
炒西葫芦

Buttered Spinach
黄油菠菜

Stir-fried Cabbage
清炒包菜

Sauteed Baby Bok Choy
with Garlic
蒜蓉炒娃娃菜

Stir-fried
Chinese Cabbage
炒小白菜