








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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	October 7	October 8	October 9	October 10	October 11
 MAIN	<div>National Holiday 国庆节</div>	Grilled Beef with Mushroom 牛肉配蘑菇	Steamed Sole Fish with Tomato Sauce 蒸龙利鱼配番茄酱	Home Made Porchetta 自制意大利烤猪肉	Chicken Burger 自制鸡肉汉堡
 MAIN		Pork Schnitzel with Tomato Sauce 猪扒配西红柿汁	Slow Cooked Duck With Gravy Sauce 慢煮鸭肉配肉汁	Fried Squid Rings with Fresh Basil Sauce 鱿鱼圈配罗勒酱	Slow Cooked Beef with Arugula Sauce 慢煮牛肉配芝麻酱
 SIDE		Grilled Bell Peppers 扒彩椒	Steamed Pumpkin 蒸南瓜	Grilled Mushroom in Butter Sauce 蘑菇配黄油酱	Roasted Potato 烤土豆
 SIDE		Mashed Cauliflower 花椰菜泥	Buttered Corn-on-Cob 奶油玉米棒	Brown Sugar Glazed Carrot 烧烤黄糖胡萝卜	Garlic Pan-fried Zucchini 香炒西葫芦
 STARCH		Corn Bread 玉米面包	Apple Strudel 法式苹果卷	Tomato Focaccia 番茄佛卡夏面包	Omelette with Mozzarella 马苏里拉奶酪蛋卷饼



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## WEEK 2

DATE

## MONDAY

October 14

## TUESDAY

October 15

## WEDNESDAY

October 16

## THURSDAY

October 17

## FRIDAY

October 18



MAIN

Home Made Gnocchi  
with Cream & Fresh Salmon  
自制奶油三文鱼土豆团子

Mexican Roasted Duck  
墨西哥烤鸭肉

Grilled Lamb  
with Gravy Sauce  
烤羊排配肉汁

Roasted Thai Sole Fish  
with Curry Lime & Ginger  
泰式柠香咖喱鱼

Roasted Pork Loin  
with BBQ Sauce  
烤猪扒配烧烤酱



MAIN

Roasted Beef  
with Gravy Sauce  
烤牛肉配肉汁

Egg Stuffed Pork Meatloaf  
猪肉卷蛋

Spanish Crispy Fried  
Chicken with Ketchup  
西班牙香脆鸡肉配番茄酱

Beef Wellington  
惠灵顿牛柳

Squid Stuffed with  
Zucchini & Golden Bread  
面包糠小南瓜酿鱿鱼



SIDE

Vegetables Ratatouille  
炖蔬菜

Corn on the Cob  
玉米棒

Cauliflower Gratin  
焗菜花

Stir-fried Cabbage  
清炒包菜

Grilled Eggplant with Garlic  
香蒜焗茄子



SIDE

Buttered Spinach  
黄油菠菜

Sautéed Vegetable  
炒蔬菜

Stuffed Mushroom  
酿蘑菇

Cheese Pumpkin Pie  
芝士南瓜派

Creamy Cheese Broccoli  
奶油芝士焗西兰花



STARCH

Scones with Jam  
司康饼配果酱

Apple Strudel  
法式苹果卷

Corn Bread  
玉米面包






Omelette with Mozzarella  
马苏里拉奶酪蛋卷饼

Tomato Focaccia  
番茄佛卡夏面包





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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	October 21	October 22	October 23	October 24	October 25
 MAIN	Spaghetti Beef Bolognese 牛肉酱意粉	Braised Beef with Potatoes 土豆炖牛肉	Baked Shrimps with Cream 奶油焗虾	Grilled Sole Fish with Zucchini Crust 烤西葫芦脆烤鱼	Deep-fried Chicken Fillets in Golden Breadcrumbs with Mustard Sauce 酥炸鸡柳配黄芥末酱
 MAIN	Chicken Stuffed Cheese & Spinach 鸡肉酿菠菜和芝士	Grilled Lamb with Gravy Sauce 烤羊排配肉汁	Roasted Duck Pizzaiola Style 烤鸭配披萨酱	Roasted Beef with Gravy Sauce 烤牛肉配肉汁	Mini Burger 迷你猪肉汉堡
 SIDE	Baked Mushrooms 烤蘑菇	Steamed Broccoli 蒸西兰花	Grilled Pumpkin 焗南瓜	Sicilian Caponata 西西里烤蔬菜	Grilled Asparagus 扒芦笋
 SIDE	Roasted Carrot with Honey Sauce 蜜汁扒胡萝卜	Grilled Bell Peppers 扒彩椒	Green Beans with Red Onion 青豆配红洋葱	Purple Sweet Potato Mashed 紫心番薯泥	Steamed Daikon 蒸白萝卜
 STARCH	Scones with Jam 司康饼配果酱	Corn Bread 玉米面包	Apple Strudel 法式苹果卷	Tomato Focaccia 番茄佛卡夏面包	Omelette with Mozzarella 马苏里拉奶酪蛋卷饼



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## WEEK 4

DATE

## MONDAY

October 28

## TUESDAY

October 29

## WEDNESDAY

October 30

## THURSDAY

October 31

## FRIDAY

November 1



MAIN

Spaghetti Duck Ragu  
鸭肉酱意粉

Slowed Cooked Salmon  
Rolled with Black Sesame  
慢煮三文鱼裹黑芝麻

Beef Chilli (Non-Spicy)  
不辣牛肉酱

Roasted Fish Pizzaiola  
烤鱼配披萨酱

Marinated Beef with  
Homemade Sauce  
自制酱腌牛肉



MAIN

Deep-fried Fish Served with  
Tartar Sauce  
炸鱼配塔塔酱

Stir Fried Chicken  
with Mushroom  
香菇扒鸡

Slow Cooked Duck Honey  
And Vinegar Sauce  
慢煮鸭肉配蜂蜜香醋酱

Roasted Lamb  
with Aromatic Herbs  
香草烤羊肉

Roasted Chicken  
Mexican Style  
墨西哥烤鸡肉



SIDE

Buttered Spinach  
黄油菠菜

Sautéed Zucchini  
清炒西葫芦瓜

Nachos Chip  
玉米片

Grilled Bell Peppers  
扒彩椒

Steamed Cauliflower  
蒸花菜



SIDE

Roasted Carrots  
烤胡萝卜

Grilled Green Beans  
扒青豆

Cheesy Broccoli  
奶油西兰花

Steamed Potato  
with Vinegar  
蒸土豆配黑醋汁

Grilled Asparagus  
with Lemon Sauce  
扒芦笋配柠檬汁



STARCH

Scones with Jam  
司康饼配果酱

Corn Bread  
玉米面包

Apple Strudel  
法式苹果卷

Tomato Focaccia  
番茄佛卡夏面包

Omelette with Mozzarella  
马苏里拉奶酪蛋卷饼