



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 3

DATE

MONDAY

September 14

TUESDAY

September 15

WEDNESDAY

September 16

THURSDAY

September 17

FRIDAY

September 18



MAIN

Lemon & Herbs Risotto  
柠檬香草意大利烩饭

Udon with Mixed  
Vegetables  
杂蔬乌冬

Mushroom & Cheese  
Quesadillas  
蘑菇芝士煎饼

Mexican Quinoa  
墨西哥藜麦

Mixed Bean Stew  
烩杂豆



MAIN

Garlic Cauliflower  
蒜香椰菜

Fried Eggs with Tomatoes  
番茄炒蛋

Grilled Sweet Corn  
with Herbs & Butter  
香草黄油烤玉米

Baked Pumpkin  
烤南瓜

Vegetables Green Curry  
蔬菜绿咖喱



SIDE

Grilled Bell Peppers  
烤彩椒

Poached Choy Sum  
白灼菜心

Grilled Asparagus  
香扒芦笋

Home Made Dried Tomato  
自制风干番茄

Steamed Rice  
白米饭