

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 4

DATE

MONDAY

September 21

TUESDAY

September 22

WEDNESDAY

September 23

THURSDAY

September 24

FRIDAY

September 25



MAIN

Chicken with Mushroom
& Oyster Sauce
香菇蚝油鸡肉

Braised Duck with Carrot
胡萝卜烧鸭

Beef Curry
牛肉咖喱

Stir-fried Fish
with Vegetables
什锦鱼丁

Stir-fried Pork Slices
with Bell Peppers
彩椒肉片



MAIN

Stir-fried Diced Pork
with Celery & Corn
西芹玉米粒炒肉丁

Stir-fried Fish
with Onion & Bell Peppers
洋葱彩椒炒鱼块

Steamed Eggs with
Mushroom & Pork Mince
香菇肉末鸡蛋羹

Stir-fried Beef
with Mushroom
杏鲍菇烧牛肉

Duck Stew with
Dried Bean Curd Stick
腐竹烧鸭



SIDE

Sauteed Shanghai Green
清炒上海青

Stir-fried Chinese Yam
with Black Fungus
淮山炒木耳

Scalded Choy Sum
白灼菜心

Stir-fried Smoked
Bean Curd with Celery
芹菜炒白干

Sautéed Diced Vegetables
炒彩丁



SIDE

Steamed Pumpkin
蒸南瓜

Chicken Broth
Chinese Cabbage
鸡汁小白菜

Stir-fried Jicama
炒沙葛

Leaf Mustard in Broth
上汤芥菜

Chicken Broth Spinach
鸡汁菠菜



RICE

Steamed Rice
白米饭

Steamed Mixed Grains Rice
杂粮饭

Steamed Rice
白米饭

Steamed Mixed Grains Rice
杂粮饭

Steamed Rice
白米饭