

CHINESE 中餐盒饭

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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 2

DATE

MONDAY

June 7



MAIN

Chicken Stew with Carrot
胡萝卜烧鸡



MAIN

Stir-fried Shredded Pork
with Celery & Mushroom
芹菜香菇肉片



SIDE

Scalded Chinese Cabbage
白灼小白菜



SIDE

Scrambled Eggs
with Tomatoes
西红柿炒鸡蛋



RICE

Steamed Rice
白米饭

TUESDAY

June 8

Steamed Eggs with Pork
Mince
肉末蒸水蛋

Braised Beef Brisket
with Potatoes
土豆炖牛腩

Garlic Shanghai Green
蒜蓉上海青

Scalded Choy Sum
白灼白菜苔

Steamed Mixed Grains Rice
杂粮饭

WEDNESDAY

June 9

Sweet & Sour Pork
with Pineapple
菠萝咕嚕肉

Stir-fried Shrimps & Zucchini
西葫芦炒虾仁

Scalded Choy Sum
白灼油菜苔

Braised Diced Eggplant
烧茄丁

Steamed Rice
白米饭

THURSDAY

June 10

Beef Stew with Tomato
番茄炖牛肉

Stir-fried Diced Pork
with Long Bean
肉丁炒豆角

Stir-fried Mixed Vegetables
荟萃彩丝

Scalded Choy Sum
白灼白菜苔

Steamed Rice
白米饭

FRIDAY

June 11

Taiwanese Pork Stew
台湾卤肉

Stir-fried Chicken & Celery
西芹炒鸡肉

Spinach with Sesame
芝麻菠菜

Sautéed Mixed Vegetables
炒什锦

Steamed Mixed Grains Rice
杂粮饭