

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 3

DATE

MONDAY

September 14

 **MAIN**

Chicken Stew with Carrot
胡萝卜烧鸡

 **MAIN**

Shredded Pork
with Celery & Mushroom
芹菜香菇肉丝

 **SIDE**

Garlic Shanghai Green
蒜蓉上海青

 **SIDE**

Boiled Chinese Yam
煮山药

 **RICE**

Steamed Rice
白米饭

TUESDAY

September 15

Fish Ball Curry
咖喱鱼蛋

Stir-fried Beef
with Bell Peppers
彩椒炒牛肉

Sautéed Shredded Potatoes
清炒土豆丝

Chicken Broth Spinach
鸡汁菠菜

Steamed Mixed Grains Rice
杂粮饭

WEDNESDAY

September 16

Baked Chicken
with Mushroom & Celtuce
香菇莴笋焗鸡

Stir-fried Shrimps
with Zucchini
西葫芦炒虾仁

Sautéed Eggplant
with Edamame
清烧茄子毛豆

Scalded Choy Sum
白灼白菜苔

Steamed Rice
白米饭

THURSDAY

September 17

Braised Beef with Tomatoes
番茄烧牛肉

Pan-fried Eggs
with Spring Onion
香葱炒蛋

Diced Jicama
炒沙葛丁

Stir-fried Bell Peppers
with Black Fungus
荟萃彩丝

Steamed Mixed Grains Rice
杂粮饭

FRIDAY

September 18

Taiwanese Pork Stew
台湾卤肉

Stir-fried Duck with Onion
洋葱炒鸭肉

Garlic Chinese Cabbage
蒜蓉小白菜

Sautéed Mixed Vegetables
炒什锦

Steamed Rice
白米饭