

# 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 5

DATE

MONDAY

October 25

TUESDAY

October 26

WEDNESDAY

October 27

THURSDAY

October 28

FRIDAY

October 29



MAIN

Chicken Stewed with  
Mushroom & **Edamame Beans**  
香菇毛豆烧鸡

Pork Stew with Wax Melon  
冬瓜炖猪肉

Stir-fried Beef with Broccoli  
西兰花炒牛肉

Shrimp with Vegetables  
七彩虾仁

Chicken Teriyaki  
日式照烧鸡



MAIN

Stir-fried Pork  
with Celery & Carrot  
西芹胡萝卜炒肉

Chicken with Vegetables  
七彩鸡丁

Corn and Pork Dumplings  
玉米猪肉饺

Stir-fried Beef with Celery  
芹菜炒牛肉

Steamed Pork Meat Pie  
with Vegetables  
蔬菜蒸肉饼



SIDE

Spinach with Sesame  
芝麻菠菜

Braised Tofu  
红烧豆腐

Scalded Choy Sum  
白灼菜心

Sautéed Shanghai Green  
清炒上海青

Sautéed Chinese Cabbage  
清炒毛白菜



SIDE

Steamed Corn  
蒸甜玉米棒

Boiled Chinese Cabbage  
水煮小白菜

Sautéed Shredded Potatoes  
清炒土豆丝

Tomatoes Stew with Tofu  
番茄日本豆腐

Stir-fried Mu'er  
with Chinese Yam  
木耳炒山药



RICE

Steamed Rice  
白米饭

Steamed Mixed Grains Rice  
燕麦饭

Steamed Rice  
白米饭

Steamed Mixed Grains Rice  
小米饭

Steamed Rice  
白米饭