



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 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	<u>June 3</u>	<u>June 4</u>	<u>June 5</u>	<u>June 6</u>	<u>June 7</u>
 MAIN	Crepes Lasagna with Pork Sauce 猪肉酱千层面	Beef Meatballs with Tomato Sauce 自制牛肉丸配西红柿酱	Hand Made Tagliolini with Bacon & Red Pepper Sauce 意大利培根宽面配红椒汁	Parmesan Chicken Tenders with Honey Mustard Sauce 巴马芝士鸡柳配蜂蜜芥末酱	Stuffed Tomatoes with Chili Con Carne ( not spicy) 酿番茄墨西哥牛肉酱-不辣
 MAIN	Slow Cooked Beef with Arugula Sauce 慢煮牛肉配芝麻菜酱	Roasted Lamb with Lemon Sauce 烤羊肉配柠檬汁	Spanish Crispy Fried Chicken with Ketchup 西班牙香脆鸡肉配番茄酱	Hand Made Mini Beef Burger 自制迷你牛肉汉堡	Pork Schnitzel with Tomato Sauce 猪扒配西红柿汁
 SIDE	Sautéed Zucchini 清炒小南瓜	Grilled Mushroom with Cheese 煎蘑菇配芝士	Roasted Potatoes 烤土豆	Grilled Bell Peppers 扒彩椒	Hand Cut Potatoes 手切烤土豆
 SIDE	Buttered Baby Carrot 黄油小胡萝卜	Buttered Spinach 黄油菠菜	Eggplant with Parmesan Cheese 巴马芝士烤茄子	Mashed Cauliflower 花椰菜泥	Grilled Asparagus 扒芦笋
 STARCH	Pizza Genovese 热那亚披萨	Garlic Bread 蒜香面包	Cheese Muffin 英式芝士麦芬饼	Burger Bread 汉堡面包	Spinach Omelette 菠菜鸡蛋饼

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	<u>June 10</u>	<u>June 11</u>	<u>June 12</u>	<u>June 13</u>	<u>June 14</u>
 MAIN	Slow Cooked Salmon Rolled with Black Sesame 慢烤三文鱼裹黑芝麻	Egg Stuffed Pork Meatloaf 猪肉卷蛋	Roasted Beef with Gravy Sauce 烤牛肉配肉汁	Pork Tenderloin Wrapped with Bacon in Mushroom Sauce 猪排裹培根配蘑菇汁	
 MAIN	Spaghetti with Beef Ragu 意粉配牛肉酱	Slow Cooked Duck Breast with Lemon Sauce 慢煮鸭胸肉配柠檬酱	Fish Finger with BBQ Sauce 手指鱼配烤肉酱	Pan-fried Boneless Chicken with Bell Peppers 煎无骨鸡肉彩椒	Half Day
 SIDE	Grilled Asparagus with Lemon Sauce 扒芦笋配柠檬汁	Grilled Mushroom 烤蘑菇	Yorkshire Pudding 约克郡布丁	Spinach with Yogurt Sauce 菠菜配酸奶酱	
 SIDE	Roasted Herb Carrot 烤香草胡萝卜	Purple Sweet Potato Mashed 紫心番薯泥	Green Beans with Red Onion 青豆配红洋葱	Onion Rings 洋葱圈	
 STARCH	Cheese Muffin 英式芝士麦芬饼	Spinach Omelette 菠菜鸡蛋饼	Garlic Bread 蒜香面包	Pizza Genovese 热那亚披萨	