

Sample Lunch Menu

午餐菜单示例

Monday

Japanese Style chicken Legs
照烧琵琶腿

Stir-fried Slice Potatos
with Onion
洋葱炒土豆片

Stew Beef with
Potatos & carrots
白萝卜烧牛腩

Steamed Sweet Potatos
蒸红薯

Broccoli with corn
玉米西兰花

Steamed Sweet Potatos
蒸红薯

Fried Onion with Eggs
洋葱炒鸡蛋

Vegetable & chicken Soup
蔬菜鸡肉汤

Banana cake
香蕉蛋糕

Yoghurt
酸奶

Tuesday

Braised Beef with
Tomato Sauce
意大利鲜番茄罗勒烩牛腩

French Fries
炸薯条

Braised chicken wings
with Mushroom
香菇小笋炖鸡翅根

Steamed corn
蒸玉米

Broccoli with Zucchini
& carrots
西兰花什菜胡萝卜

Sweet and Sour Pork
糖醋里脊

Fried Mushrooms
油菜炒蘑菇

Vegetable Soup
意大利蔬菜汤

carrot cake
胡萝卜蛋糕

Yoghurt
酸奶

Wednesday

Roasted chicken Legs with
orleans Style
奥尔良鸡腿

Fried Diced Potatos carrots
with cajun
卡真香草炒胡萝卜土豆

Steamed Rice with
Sausages & Dry Meat
港式煲仔饭

Steamed Sweet Potatos
蒸红薯

Sauteed Broccoli with Butter
黄油西兰花

chinese cabbage with
Mushrooms
醋溜香菇白菜

Minced beef with Long Beans
牛肉沫橄榄菜炒豇豆

Pumpkin & Wheat
Rice congee
南瓜燕麦粥

Brownie cake
布朗尼蛋糕

Yoghurt
酸奶

Thursday

Roasted Sole Fish with
cajun Style
卡真香茅烤鱼

Fried Potato Pie
炸薯饼

Fried Pork Meat Balls
干炸猪肉丸配土耳其料

Baked Sweet Potatos
烤红薯

Fried Broccoli with
Lotus Roots & carrots
西兰花藕片胡萝卜

Stir-fried chinese cabbage
炆炒圆白菜

Stir-fried chicken nuggets
with cucumber
清炒鸡丁

Spinach & Egg Soup
菠菜粉丝鸡蛋汤

Egg Tarts
蛋挞

Juice
果汁

Friday

Stewed Beef with
Tomatos & celery
吉喇士红烩牛肉配芹菜

cajun Stir-fried Potatos
洋葱炒土豆片

chinese Dumplings
饺子

Roasted Sweet Potatos
烤红薯

Stir-fried Broccoli &
cauliflower
西兰花炒菜花

Stir-fried vegetable
胡萝卜炒小油菜

Stir-fried chicken nuggets
with Bean Sauce
豉椒香茅草炒鸡球

Miso Soup
日式味噌汤

Red velvet cake
红丝绒蛋糕

Yoghurt
酸奶