

周一菜单 (9月21日) Monday Menu

中式套餐 Chinese meals		西式套餐 Western meals	
大荤 Big Meat	百叶卷肉 (百叶50克、肉沫75克) Steamed Pork Rolls with Beancurd Sheets 洋葱烩牛杂 (牛杂75克、洋葱25克, 青椒5克, 红椒5克) Stewed Beef Offal with Onions	前菜 Appetizer	烤培根 (培根40克) Roasted Bacon
小荤 Small Meat	三丁炖鸡蛋 (豌豆5克、胡萝卜丁5克、香菇丁5克) Steamed Eggs with Three Kinds of Diced Vegetables	主菜 Main Course	香酥鸡翅根 (翅根2根) Crispy Drumsticks
素菜 Vegetable	油焖茄子 (茄子100克) Braised Eggplant 清炒菠菜 (菠菜150克) Stir-fried Spinach	副菜 Side Dishes	蒜泥花椰菜 (花椰菜60克) Fried Broccoli with Garlic
主食 Staple Food	米饭 (米饭100克) Steamed Rice	主食 Staple Food	奶油蘑菇意面 (干意面30克、蘑菇15克、奶油10克) Spaghetti with Cream of Mushroom
杂粮 Coarse Cereals	粗粮 Coarse Grains	甜点 Desert	蛋挞 Egg Tarts
汤羹 Soup	冬瓜虾米汤 (虾米10克、冬瓜60克) White Gourd and Shrimp Soup	汤 Soup	蔬菜汤 (包菜10克、西芹10克、生瓜10克、番茄酱5克) Vegetable Soup
水果/酸奶 Fruit/Yogurt	酸奶 (酸奶90克) Yogurt	水果/酸奶 Fruit/Yogurt	酸奶 (酸奶90克) Yogurt

周二菜单 (9月22日)

Tuesday Menu

中式套餐 Chinese meals		西式套餐 Western meals	
大荤 Big Meat	椒盐仔排 (仔排80克) Deep-fried Pork Ribs with Spiced Salt	前菜 Appetizer	味增烤鱼 (龙利鱼50克) Grilled Sole Fish with Miso
	番茄鱼 (龙利鱼100克、番茄30克、木耳10克) Stewed Sole Fish with Tomatoes		
小荤 Small Meat	鱼香肉丝 (肉丝20克、胡萝卜丝10克、洋葱60克、青椒10克、红椒4克) Shredded Pork with Chili and Soy	主菜 Main Course	日式咖喱牛肉 (牛肉50克、土豆5克、胡萝卜5克) Beef Curry in Japanese Style
素菜 Vegetable	上汤苋菜 (苋菜150克) Chinese Spinach Soup	副菜 Side Dishes	鱼汁菜心 Fried Chinese Cabbage with Seasoned Soy Sauce
	蒜泥豇豆 (100克) Stir-fried Cowpea with Garlic Puree		
主食 Staple Food	米饭 (米饭100克) Steamed Rice	主食 Staple Food	米饭 (米饭100克) Steamed Rice
杂粮 Coarse Cereals	粗粮 Coarse Grains	甜点 Desert	抹茶慕斯 Matcha Mousse
汤羹 Soup	紫菜蛋汤 (紫菜10克、鸡蛋10克) Seaweed and Egg Soup	汤 Soup	味增汤 Miso Soup
水果/酸奶 Fruit/Yogurt	水果 (水果100克) Fruit	水果/酸奶 Fruit/Yogurt	水果 (水果100克) Fruit

周三菜单 (9月23日)

Wednesday Menu

中式套餐 Chinese meals		西式套餐 Western meals	
大荤 Big Meat	肉饼蒸蛋 (肉末75克、鹌鹑30克) Steamed Egg with Minced Meat	前菜 Appetizer	水果色拉 (哈密瓜10克、猕猴桃10克、小番茄10、火龙果10克) Fruit Salad
	广式烤鸭 (鸭肉100克) Cantonese Roast Duck		
小荤 Small Meat	肉丝红汤百叶 (肉丝20克、百叶70克、干木耳5克) Shredded Pork with Bean Curd in Soy Sauce	主菜 Main Course	美式烧汁牛排 (牛肉60克) American Steak with Sauce
素菜 Vegetable	清炒大白菜 (大白菜150克) Stir-fried Chinese Cabbage	副菜 Side Dishes	红甜椒拌菠菜 (菠菜60克、甜椒) Mixed Spinach with Sweet Red Pepper
	青椒土豆丝 (土豆丝100克、青椒10克) Stir-fried Shredded Potato with Green Pepper		
主食 Staple food	米饭 (米饭100克) Steamed Rice	主食 Staple Food	茄汁意面 (干意面30克、茄汁30克) Spaghetti with Tomato Sauce
杂粮 Coarse Cereals	粗粮 Coarse Grains	甜点 Desert	马芬 Muffin
汤羹 Soup	西湖牛肉羹 (牛肉末15克、西芹末10克、番茄30克、香菇10克) Beef Soup	汤 Soup	玉米浓汤 Cream of Corn Soup
水果/酸奶 Fruit/Yogurt	酸奶 (酸奶90克) Yogurt	水果/酸奶 Fruit/Yogurt	酸奶 (酸奶90克) Yogurt

周四菜单 (9月24日)

Thursday Menu

中式套餐 Chinese meals		西式套餐 Western meals	
大荤 Big Meat	水煮肉片 (精肉片70克、豆芽5克、豆腐皮15克) Boiled Sliced Meat with Bean Sprouts	前菜 Appetizer	莫尼黑烤肠 Munich Sausages
	茄汁咕啫肉 (鸡肉120克、番茄酱15克) Fried Diced Chicken with Tomato Sauce		
小荤 Small Meat	番茄炒蛋 (番茄60克、鸡蛋60克) Stir-fried Tomato and Scrambled Eggs	主菜 Main Course	墨西哥烤鸡腿 (鸡腿1个) Grilled Chicken Leg in Mexico Style
素菜 Vegetable	素油大青菜 (青菜150克) Stir-fried Green Vegetables	副菜 Side Dishes	橄榄油西兰花 (西蓝花60克) Fried Broccoli with Olive Oil
	干锅花菜 (花菜100克) Fried Cauliflower		
主食 Staple Food	米饭 (米饭100克) Steamed Rice	主食 Staple Food	鱼排汉堡 (鳕鱼排60克、洋葱5克、生菜5克、沙拉酱10克、) Fish Burger
杂粮 Coarse Cereals	粗粮 Coarse Grains	甜点 Desert	奶油蛋糕 Cream Cake
汤羹 Soup	酸辣鸭血汤 (鸭血50克) Duck Blood Soup with Sour and Hot Sauce	汤 Soup	罗宋汤 (西芹10克、白菜10克、番茄10克) Borscht
水果/酸奶 Fruit/Yogurt	水果 (水果100克) Fruit	水果/酸奶 Fruit/Yogurt	水果 (水果100克) Fruit

周五菜单 (9月25日) Friday Menu

中式套餐 Chinese meals		西式套餐 Western meals	
大荤 Big Meat	板栗烧黄焖鸡 (板栗30克、鸡肉100克) Braised Chicken with Chestnuts	前菜 Appetizer	手工炸薯条 (土豆60克) Artisanal French Fries
	笋干煨肉 (笋干50克、五花肉75克) Braised Pork with Dried Bamboo Shoots		
小荤 Small Meat	韭黄炒肉丝 (韭黄100克、肉丝20克) Stir-fried Shredded Pork with Chives	主菜 Main Course	洋葱猪排 (猪肉70克、洋葱5克) Grilled Pork Chop with Onion
素菜 Vegetable	肉汁萝卜条 (白萝卜120克) Braised White Radish in Brown Sauce	副菜 Side Dishes	蒜香蘑菇 (蘑菇60克) Garlic Mushroom
	蚝油生菜 (生菜150克) Fried Lettuce in Oyster Sauce		
主食 Staple Food	米饭 (米饭100克) Steamed Rice	主食 Staple Food	意式肉酱意面 (干意面30克、肉酱30克) Spaghetti Bolognese
杂粮 Coarse Cereals	粗粮 Coarse Grains	甜点 Desert	黄金吐司片 Toast
汤羹 Soup	豆腐汤 (豆腐50克、香菜5克) Bean Curd Soup	汤 Soup	奶油南瓜汤 (奶油5克、南瓜10克) Pumpkin Cream Soup
水果/酸奶 Fruit/yogurt	酸奶 (酸奶10克) Yogurt	水果/酸奶 Fruit/Yogurt	酸奶 (酸奶10克) Yogurt