



# UISZ 每周菜单 (Aug 14th --18th) 2017

Menu 1

	早餐			午餐			晚餐	
	西餐	中餐		西餐	中餐		西餐	中餐
周一	炒蛋	蔬菜	素食	扁豆杂菜	时菜		水煮红萝卜与西兰花	时菜
	橙味班戟	炒面	素食	蒜茸包	麻婆豆腐		芝士干酪饼	肉末粉丝
	煮西兰花	菠菜瘦肉粥	肉食	香煎鸡扒	胡萝卜蒸排骨		黑椒猪扒	西兰花炒鸡
	麦片三款		主食	蔬菜炒饭	白米饭		蘑菇意粉	白米饭
	白方包、杂粮方包		汤	青瓜汤	虫草花淮山无花果煲瘦肉			无花果山药猪展汤
牛奶、豆奶			新鲜沙拉两款			新鲜沙拉一款		
周二	烟肉	蔬菜	素食	清炒蒜蓉长豆角	时菜		烤云南小瓜和彩椒	时菜
	西多士	汤河粉	素食	奶油土豆片	腊味炒花菜		豆腐蔬菜三角	蒸水蛋
	煮玉米粒青豆粒	香菇肉末粥	肉食	墨西哥牛肉	酸甜鸡肉		烩鸡肉	花腩炒腐竹
	麦片三款		主食	意粉沙拉	白米饭		星洲炒米粉	白米饭
	白方包、杂粮方包		汤	罗宋汤	杂豆煲猪展汤			竹丝鸡煲清补凉
牛奶、豆奶			摩卡巧克力蛋糕 新鲜沙拉两款			新鲜沙拉一款		
周三	煮蛋	蔬菜	素食	烤杂菜块	时菜		水煮椰菜花	时菜
	火腿芝士三文治	云吞	素食	鸡蛋派	番茄炒蛋		烤薯角	咖喱鱼味豆腐
	烤红萝卜条	白粥配榨菜	肉食	酥炸龙利鱼	五彩肉丝		培根牛肉卷	柱候酱爆鸭片
	麦片三款		主食	番茄芝士三文治	白米饭		南瓜千层皮	白米饭
	白方包、杂粮方包		汤	青豆土豆浓汤	红萝卜瘦肉汤			节瓜龙骨汤
牛奶、豆奶			新鲜沙拉两款			新鲜沙拉一款		
周四	纳豆	蔬菜	素食	蒜蓉清炒西兰花	时菜		清炒蒜蓉长豆角	时菜
	烟肉炒蛋	陈村粉	素食	芝士烤薯条	酱爆豆腐干		腌木瓜青瓜生菜卷	手撕包菜
	烤薯饼	香菇鸡肉粥	肉食	虾仁披萨	卤水鸡翅		龙利柳扒	番茄煮牛肉
	麦片三款		主食	黑榄、圣女果披萨	白米饭		土豆泥	白米饭
	白方包、杂粮方包		汤	菠菜忌廉汤	白萝卜龙骨汤		扁豆汤	龙骨青菜汤
牛奶、豆奶			酸奶布丁 新鲜沙拉两款			新鲜沙拉一款		
周五	鸡蛋三文治	蔬菜	素食	咖喱蔬菜碗豆	时菜		烤云南小瓜片	时菜
	鸡肉肠	包子	素食	餐包	韩式海带蛋角		烤薄饼	橄榄菜肉碎炒豆角
	水煮西兰花、白菜花	南瓜山药粥	肉食	碎鸡肉酱	豉汁蒸鲷鱼豆腐		小扁豆烩鸡肉	洋葱炒猪胗肉
	麦片三款		主食	蔬菜意粉	白米饭		芝士通心粉	白米饭
	白方包、杂粮方包		汤	夏天玉米汤	霸王花龙骨汤			
牛奶、豆奶			新鲜沙拉两款			新鲜沙拉一款		

每餐提供饮用水、茶和新鲜水果。(周一茉莉花茶、周二冰红茶、周三菊花茶、周四绿茶、周五玫瑰花茶)另每天午餐晚餐都要沙拉一款



# UISZ Weekly Menu (Aug 14th to 18th) 2017

Menu 3 May 22nd ~ 26th

	Breakfast		Lunch		Dinner	
	Western food	Chinese food	Western food	Chinese food	Western food	Chinese food
<b>Mon</b>	Scrambled egg	Vegetables	Lentil with vegetables	Vegetable	Boiled Broccoli and Carrot	Vegetable
	Orange Pancake	Fried Noodle	Garlic Bread	Mapo Tofu	Cheese tortillas	Pork with Rice Noodles
	Boiled Broccoli	Spinach and Pork Congee	Fried chicken breast	Steamed Carrot with pork	Roasted pork slice with black peppe	chicken with broccoli
	3 options of cereal		Fried rice with vegetable	Plain rice	Mushroom Spaghetti	Plain rice
	Bread and Black Bread		Cucumber Soup	Cordyceps flower with pork soup		Fig Chinese yam with pork
Milk and soy milk		2 options of fresh salad		1 options of fresh salad		
<b>Tue</b>	Bacon	Vegetables	salted green beans with garlic	Vegetable	Roasted, zuchini and pepper	Vegetable
	Toast	Noodle with Soup	Crean Potato Chips	Cured meat with Cauliflower	Tofu and vegetable samosas	Steamed eggs
	Boiled Corn Kernel and bean	Mushroom and pork congee	Mexican beef	Sweet and sour chicken	Chicken goulash	Pork with bean curd skin
	3 options of cereal		pasta salad	Plain rice	Fried rice noodles	Plain rice
	Bread and Black Bread		Russian Soup	Mix Bean with pork Soup		Gallus domesticus soup
Milk and soy milk		Mocha Chocolate Cake 2 options of fresh salad		1 options of fresh salad		
<b>Wed</b>	Boiled egg	Vegetables	Roasted Vegetables	Vegetable	boiled cauliflower	Vegetable
	Ham Cheese Sandwich	spiced corned egg	Egg Bake	tomato omelette	Potato	Curry fish flavored tofu
	Baked Carrot	Plain Congee	Fried Fish Fillet	Vegetable with pork	Bacon beef rolls	Steamed Duck
	3 options of cereal		Tomato cheese sandwich	Plain rice	pumpkin lasagna	Plain rice
	Bread and Black Bread		Green pea & Potato Soup	Carrot with pork soup		Chieh-qua keel soup
Milk and soy milk		2 options of fresh salad		1 options of fresh salad		
<b>Thu</b>	Baked Beans	Vegetables	salted broccoli with garlic	Vegetable	salted green beans with garlic	Vegetable
	Bacon Scrambled Eggs	Chinese noodle	Roast potato with cheese	Tofu	Vegetable Roll	Fried Cabbage
	Baked Hash Browns	Chicken and Mushroom Congee	Shrimp Pizza	Chicken wings	Fish	beef with tomato
	3 options of cereal		Vegetable Pizza	Plain rice	Mashed Potato	Plain rice
	Bread and Black Bread		Spinach Cheese Soup	white turnip with keel soup		vegetable with pork bone soup
Milk and soy milk		Yoghurt pudding 2 options of fresh salad		1 options of fresh salad		
<b>Fri</b>	egg sandwich	Vegetables	Curried Peas	Vegetable	Roast Zucchini	Vegetable
	Chicken Sausage	Bun	Dinner Roll	korean seaweed omelette	Roast tortillas	minced pork with green bean
	Boiled Broccoli & Cabbage	Pumpkin and Yam Congee	Chicken Bolognaise	Steam Fish with tofu	Chicken and Lentils	Fried Onion with Pork
	3 options of cereal		Pasta With Vegetables	Plain rice	Macaroni and Cheese	Plain rice
	Bread and Black Bread		summer corn soup	Pitaya flower pork bone soup		
Milk and soy milk		2 options of fresh salad		1 options of fresh salad		

/ater, Tea and Fresh fruits are provided in every meal. (Mon Jasmine Tea, Fue Ice black tea, Wed Chrysanthemum tea, Thu Ice green tea, Fri Rose tea.)