

UISZ 每周菜单 (11月6-- 10日) 2017



Menu 4

	早餐		午餐		晚餐	
	西餐	中餐	中餐		西餐	中餐
周一	炒蛋	蔬菜	清炒杂菜(含西兰花)	时菜	蒜蓉清炒荷兰豆	时菜
	橙味班戟	炒面	烤番薯	凉瓜炒蛋	咖喱蔬菜土豆	酱爆四季豆
	煮西兰花	菠菜瘦肉粥	烤鸡腿扒	辣椒配鱿鱼	洋葱猪扒	香烤鸡翅
	麦片三款		炒饭	白米饭	蔬菜意粉	白米饭
	白方包、杂粮方包		土豆培根汤	竹丝鸡煲清补凉	霸王花龙骨汤	
牛奶、豆奶		韩国泡菜 新鲜沙拉两款		新鲜沙拉一款		
周二	烟肉	蔬菜	新烤杂菜	时菜	凉拌青瓜(微辣)	时菜
	西多士	汤河粉	豆腐汉堡(豆腐饼、沙拉、芝士)	日本豆腐	土豆沙拉	甜酸茄子片
	煮玉米粒青豆粒	香菇肉末粥	牛肉汉堡(牛肉饼、沙拉、芝士)	豉汁蒸排骨	鸡肉芝士干酪饼	金针菇煮肥牛
	麦片三款		烤玉米	白米饭	白汁意粉(螺丝粉)	白米饭
	白方包、杂粮方包		青瓜芦笋汤	胡萝卜竹蔗茅根糖水	节瓜龙骨汤	
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	煮豆角	时菜	奶酪西兰花	时菜
	火腿芝士三文治	云吞	芝士焗土豆泥	玉米火腿肉丁胡萝卜炒青豆	印度咖喱蔬菜	韩式海带蛋角
	烤红萝卜条	白粥配榨菜	鸡肉酱	榨菜蒸鱼	炸鸡条	青椒炒鸡肉
	麦片三款		洋葱青豆炒两头尖	白米饭	印度通心粉	白米饭
	白方包、杂粮方包		蘑菇忌廉汤	杂豆煲猪展汤	鸡蛋香菇玉米汤	
牛奶、豆奶		新鲜沙拉两款		新鲜沙拉一款		
周四	纳豆	蔬菜	清炒红萝卜条长豆角	时菜	烤南瓜、红萝卜	时菜
	烟肉炒蛋	陈村粉	蔬菜披萨(番茄、云南小瓜)	咖喱鱼味豆腐	墨西哥蔬菜卷	醋溜土豆丝
	烤薯饼	香菇鸡肉粥	牛肉披萨(加点蔬菜)	香菇蒸鸡	番茄炖鲷鱼	柱候酱爆鸭
	麦片三款		香草芝士烤土豆条	白米饭	星洲炒米粉	白米饭
	白方包、杂粮方包		薯仔黄瓜汤	龙骨青菜汤	无花果山药猪展汤	
牛奶、豆奶		蓝莓布丁 新鲜沙拉两款		新鲜沙拉一款		
周五	鸡蛋三文治	蔬菜	香醋烤杂菜	时菜	烤三色彩椒	时菜
	鸡肉肠	包子	烤土豆+纳豆	醋溜莴笋	咖喱肉角	豆角肉丝
	水煮西兰花、白菜花	南瓜山药粥	酥烤鸡翅根	马蹄蒸肉饼	咖喱鱼和虾	咕嚕肉
	麦片三款		蔬菜芝士三文治	白米饭	泡菜炒饭	白米饭
	白方包、杂粮方包		意大利面条蔬菜汤	香菜豆腐鸡蛋汤	新鲜沙拉一款	
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 (Nov 6th -- 10th) 2017

Menu 4



	Breakfast		Lunch		Dinner	
	Western food	Chinese food	Western food	Chinese food	Western food	Chinese food
Mon	Scrambled egg	Vegetables	Fried vegetables	Vegetable	boiled snowpeas Potato and vegetables with curry	Vegetable
	Orange Pancake	Fried Noodle Spinach and Pork	Sweet Potatoes Mud	egg with bitter melon		Sauce with green bean
	Boiled Broccoli	Congee	Roasted chicken Drumstick	Pepper onion fried Squid	pork steak with onion	Teriyaki Chicken Wings
	3 options of cereal		Fried rice	Plain rice	Pasta With Vegetables	Plain rice
	Bread and Black Bread Milk and soy milk		Potato Bacon Soup	Gallus domesticus soup		Pitaya flower pork bone soup
			Kimchi, 2 options of fresh salad		1 options of fresh salad	
Tue	Bacon	Vegetables	boiled green beans	Vegetable	cold and spicy cucumber sala	Vegetable
	Toast	Noodle with Soup Mushroom and pork congee	Cheese bakedmashed potato	Japanese tofu pork chop with black bean sauce	Potato salad	Sweet and sour eggplant
	Boiled Corn Kernel and bean		Chicken Bolognaise	Plain rice	Chicken quesadilla	Needle muchroom with beef
	3 options of cereal		Onion Green Bean with spring green soup	Carrot with Bamboo Cane	Pasta	Plain rice
	Bread and Black Bread Milk and soy milk		Mocha Chocolate Cake 2 options of fresh salad		1 options of fresh salad	
Wed	Boiled egg	Vegetables	Vegetable Medley	Vegetable	cream of broccoli	Vegetable
	Ham Cheese Sandwich	spiced corned egg	Tofu Hamburger	Corn Ham pork Carrot	Indian-style vegetable curry	Fried Potato
	Baked Carrot	Plain Congee	Beef Hamburger	Steamed fish with ZhaCai	Crispy chicken strips	Steamed Duck
	3 options of cereal		Corn on the Cob	Plain rice	Indian Masala pasta recipe	Plain rice
	Bread and Black Bread Milk and soy milk		cream of mushroom			Soup
			2 options of fresh salad		1 options of fresh salad	
Thu	Baked Beans	Vegetables	Fried Carrot and green bean	Vegetable	Roasted Pumpkin and carrots	Vegetable
	Bacon Scrambled Eggs	Chinese noodle Chicken and mushroom	Vegetables Pizza	tofu, green beans and steamed chicken with	Mexico vegetable roll	korean seaweed omelette
	Baked Hash Browns	Congee	Beef Pizza	Mushrooms	Braised snapper with tomato	Chicken with Pepper
	3 options of cereal		Vanilla baked potato with	Plain rice	Fried rice noodles	Plain rice
	Bread and Black Bread Milk and soy milk		Cucumber and Potato Soup	vegetable with pork bone soup		
			Blueberry pudding 2 options of fresh salad		1 options of fresh salad	
Fri	egg sandwich	Vegetables	Roasted Vegetables with Vinegar	Vegetable	Roasted Color pepper	Vegetable
	Chicken Sausage	Bun	Baked potato + bean	Vinegar Lettuce	pork curry fried wrap	pork with green beans
	Boiled Broccoli & Cabbage	Pumpkin and Yam Congee	Oven Fried Chicken wing root	Steamork patty with water chestnut	Curry fish fillet and shrimp	Sweet and Sour Pork
	3 options of cereal		Vegetables and cheese	Plain rice	Kimchi fried rice	Plain rice
	Bread and Black Bread Milk and soy milk		minestrone soup	Parsley Tofu Eggs Soup		
			2 options of fresh salad		1 options of fresh salad	

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