UISZ 每周菜单(10月16 --20日)2017

Menu 1

0152	早餐			午餐		晚餐	
	西餐	中餐		西餐	中餐	西餐	中餐
	炒蛋	红豆糕	素食	扁豆杂菜	时菜	水煮红萝卜与西兰花	时菜
	橙味斑戟	炒面	素食	蒜茸包	麻婆豆腐	芝士干酪饼	肉末粉丝
周一	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
户	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			拉两款	新鲜沙拉一款	
	烟肉	煮蛋	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
周二	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
/山—	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	
	煮蛋	玉米包子	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
周三	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
) LLJ	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	少拉一款
	纳豆	炒蛋	素食	蒜蓉清炒西兰花	时菜	清炒蒜蓉长豆角	时菜
	芝士肠	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
周四	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
) F) L	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	
	鸡蛋三文治	蔬菜	素食	芝士烤蔬菜	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
周五	水煮西兰花、白菜花	南瓜山药粥	肉食	碎鸡肉酱	鼓油鸡	小扁豆烩鸡肉	洋葱炒猪胫肉
) ., <u></u>	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、	条和新鲜水果。(周-	一茉莉	可化茶、周二冰红茶、原	司三菊花茶、周四绿茶	· 周五玫瑰花茶)另每天	于午餐晚餐都要沙拉一款

UISZ Weekly Menu (Oct 16th to 20th) 2017

Scrambled egg red bean cake Carrot Western food Chinese food Chinese food Carrot Western food Chinese food Carrot Vegetable Carrot Vegetable Carrot Vegetable Carrot Vegetable Carrot Cheese tortillas Pork with Rice Roasted pork slice with black peppe Chicken with total Carrot Vegetable Roasted pork slice with black peppe Chicken with total Carrot Vegetable Roasted pork slice with black peppe Chicken with total Carrot Vegetable Roasted pork slice with black peppe Chicken with total Carrot Vegetable Plain rice Cordyceps flower with Cucumber Soup Pork with bean Pork w	Noodles Proccoli Re With pork Re	
Scrambled egg red bean cake Orange Pancake Fried Noodle Boiled Broccoli Congee True Spinach and Pork Boiled Broccoli Congee Fried chicken breast Fried chicken breast Steamed Carrot with pork Steamed Carrot with pork Steamed Carrot with pork Boated pork slice with black peppe Chicken with the black peppe Chicken with black peppe Chicken with the chicken breast Fried chicken breast Steamed Carrot with pork Steamed Carrot with pork Boated pork slice with black peppe Chicken with the chicken with pork soup Fried chicken breast Fried chicken breast Steamed Carrot with pork Fried chicken breast Steamed Carrot with pork Boated pork slice with black peppe Chicken with the pork soup Fried chicken breast Cordyceps flower with pork soup Steamed Carrot with pork Boated pork slice with black peppe Chicken with the pork soup Fried chicken breast Cordyceps flower with pork soup Steamed Roasted, zucnim and popper Vegetable Cured meat with Cured meat with Carrot with pork Cordyceps flower with pork soup Fried chicken with to pork soup Fried chicken breast Cordyceps flower with pork soup Cured meat with Cauliflower Tofu and vegetable samosas Steamed e Chicken goulash Pork with bean Chicken goulash Pork with bean Plain rice Pried rice noodles Plain rice Gallus domesti	Noodles Proccoli Re With pork Re	
Orange Pancake Fried Noodle Spinach and Pork Boiled Broccoli Spinach and Pork Bried chicken breast Fried chicken breast Steamed Carrot with pork Bread and Black Bread Mapo Tofu Cheese tortillas Roasted pork slice with black peppe Chicken with Rice Cordyceps flower with pork soup Mushroom Spaghetti Plain rice Cordyceps flower with pork soup Mushroom Spaghetti Plain rice Cordyceps flower with pork soup Salted green beans with garlic Vegetable Cured meat with Cued meat with Cued meat with Soup Boiled Corn Kernel and Mushroom and pork bean Noodle with Soup Mexican beef Sweet and sour chicken Pried rice with vegetable Cured meat with Cured meat with Soup Mexican beef Sweet and sour chicken Plain rice Bread and Black Bread Mix Bean with pork Soup Mix Bean with pork Soup Gallus domesti	Noodles proccoli pe with pork le ggs curd skin pe	
Spinach and Pork Boiled Broccoli Congee Fried chicken breast Steamed Carrot with pork Boiled Broccoli Congee Fried chicken breast Steamed Carrot with pork Black peppe Chicken with black peppe Fig Chinese yam	with pork le ggs curd skin	
Boiled Broccoli Congee Fried chicken breast Steamed Carrot with pork Black peppe Chicken with breast Steamed Carrot with pork Black peppe Chicken with breast Plain rice Cordyceps flower with Plain rice Cordyceps flower with Fig Chinese yam Fig Chinese	with pork le ggs curd skin	
Bacon Eggs Orden Back Bread Noodle with Soup Toast Boiled Corn Kernel and bean Congee Mexican beef Suptant Soup Suptant Soup Suptant Soup Bread and Black Bread Russian Soup Mix Bean with past salad Russian Soup Mix Bean with past salad Russian Soup Mix Bean with pork Soup Russian Soup Russian Soup Mix Bean with pork Soup Gallus domesti	with pork le ggs curd skin	
Bread and Black Bread Milk and soy milk Bacon Eggs Toast Boiled Corn Kernel and bean Soup Mexican beef Boiled Corn Kernel and bean Soup Mexican beef Bread and Black Bread Cucumber Soup Cordyceps flower with pork soup Fig Chinese yam Roasted, zucnini and pepper Vegetable Cured meat with Cured meat with Tofu and vegetable Samosas Steamed e Sweet and sour chicken Chicken goulash Pork with bean Fried rice noodles Plain rice Bread and Black Bread Russian Soup Mix Bean with pork Soup Gallus domesti	with pork le ggs curd skin	
Milk and soy milk Bacon Eggs Bacon Eggs Toast Boiled Corn Kernel and bean Soptions of cereal Bread and Black Bread Milk and soy milk 2 options of fresh salad Roasted, zucnini and Roasted	le ggs curd skin	
Bacon Eggs garlic Vegetable Cured meat with Tofu and vegetable Salted green beans with garlic Vegetable Cured meat with Tofu and vegetable Salted green beans with Goup Crean Potato Chips Cauliflower Samosas Steamed et al. South	eggs curd skin	
Bacon Eggs garlic Vegetable Cured meat with Tofu and vegetable Seam Steamed et Boiled Corn Kernel and bean Congee Mexican beef Sweet and sour chicken Chicken goulash Pork with bean Posta salad Plain rice Bread and Black Bread Russian Soup Mix Bean with pork Soup Gallus domesti	eggs curd skin	
Toast Noodle with Soup Noodle with Soup Boiled Corn Kernel and bean Congee Mexican beef Sweet and sour chicken Plain rice Bread and Black Bread Russian Soup Mix Bean with pork Soup Gallus domesti	eggs curd skin	
TueBoiled Corn Kernel and beanMushroom and pork congeeMexican beefSweet and sour chickenChicken goulashPork with bean3 options of cereal Bread and Black BreadPlain rice Russian SoupPlain rice Russian SoupFried rice noodles Gallus domesti	curd skin	
bean congee Mexican beef Sweet and sour chicken Chicken goulash Pork with bean 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 domesti	e	
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 domesti	e	
Bread and Black Bread Russian Soup Mix Bean with pork Soup Gallus domesti		
	CUS SOUD	
With and soy time violent checolate cake 2 options of fresh stated	00 p	
Boiled egg Bun Roasted Vegetables Vegetable boiled cauliflower Vegetab	ام	
Ham Cheese Sandwich spiced corned egg Egg Bake tomato omelette Potato Curry fish flavor		
Polyad Correct Diain Conggo Fried Field Field Wagatable with pork Regard Page Base Base Page Regard Fried Field Field Field Field Field Field Field Field Free Field Free Field Field Field Field Field Free Field Field Field Field Field Field Free Free Field Free Free Field Free Free Free Free Free Free Free		
Wed 3 options of cereal Tomato cheese sandwich Plain rice pumpkin lasagna Plain ric		
Bread and Black Bread Green pea & Potato Soup Carrot with pork soup Chieh-qua ke		
Milk and soy milk 2 options of fresh salad 1 options of fresh salad		
salted green beans with		
Baked Beans Eggs salted broccoli with garlic Vegetable garlic Vegetab		
Cheese sausage Chinese noodle Roast potato with cheese Tofu Vegetable Roll Fried Cabb	age	
Thu Baked Hash Browns Congee Shrimp Pizza Chicken wings Fish beef with to	mato	
3 options of cereal Vegetable Pizza Plain rice Mashed Potato Plain rice	e	
Bread and Black Bread Spinach Cheese Soup soup soup	ork bone	
Bread and Black Bread Spinach Cheese Soup soup Milk and soy milk Yoghurt pudding 2 options of fresh salad 1 options of fresh salad		
Roast vegetables with	1 opnons of fresh safad	
egg sandwich Vegetables Cheese Vegetable Roast Zucchini Vegetab	le	
Chicken Sausage Bun Dinner Roll korean seaweed omelette Roast tortillas minced pork with Boiled Broccoli & Pumpkin and Yam	green bean	
Fri Cabbage Congee Chicken Bolognaise Chicken Chicken and Lentils Fried Onion w	ith Pork	
3 options of cereal Pasta With Vegetables Plain rice Macaroni and Cheese Plain rice		
Pitaya flower pork bone		
Bread and Black Bread summer corn soup 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.