

周二、周四午餐提供甜点

每餐提供饮用水和水果

每周一到周五早餐提供牛奶、豆奶、方包、全麦方包，周二、周四增加有酸奶

2022年5月23日-27日

菜单可能会因市场食材的供应而改变 **菜单2**

		星期一 菜式	星期二 菜式	星期三 菜式	星期四 菜式	星期五 菜式
早餐	碳水化合物	皮蛋瘦肉粥	南瓜小米粥	山药鸡肉粥	咸蛋芥菜粥	香菇牛肉粥
		蒸包子	牛腩汤面	华夫饼	三丝炒桂林米粉	烤薯饼
	素菜	蒜蓉炒油麦菜	盐水菜心	黄油炒甜豆玉米彩椒粒	烤番薯	盐水油麦菜
		蒜香罗勒烤土豆条	百里香蒜子烤贝贝南瓜	早餐鸡肉肠	盐水生菜	奶油玉米棒
	蛋白质	肉末陈村粉	煎蛋	卤蛋	生肉包、叉烧包	炸酱面
		黑椒牛肉芝士饼	熏鸡胸肉三文治	煎饺	菠菜虾仁口蘑蛋饼	烤芝士吞拿鱼三文治
玉米火腿炒鸡蛋		脆皮肠	瘦肉蒸河粉	培根	法式煎蛋卷	
午餐	碳水化合物	白饭	白饭	白饭	白饭	白饭
		蒜香小餐包	印度包	甜豆奶油宽面盘	芝士虾仁披萨+斋	南瓜千层
	素菜	炒包心菜	盐水油麦菜	炒娃娃菜	腐乳炒通心菜	盐水西兰花
		蒜心炒豆干	红烧龙川豆腐	黄皮椒煎鸡蛋	干锅大葱土豆丝	油豆腐煮白萝卜
	蛋白质	蒸玉米棒	咖喱西兰花杂菜	罗勒咸芝士烤南瓜	青柠黄油蒸双色花	烤红薯块
		排骨蒸南瓜	白萝卜焖牛肉	可乐鸡翅	韩式炒猪肉	五花肉焖甜梅菜
		芝士鸡肉卷	香煎刁草鲷鱼	蜂蜜芥末煎猪扒	耗油芝麻烤鸡腿扒	黄油香草烤鸡
	汤	海带绿豆糖水	粉葛黄豆龙骨汤	咸蛋芥菜瘦肉汤	土豆红萝卜番茄鸡汤	紫菜蛋花汤
		土耳其小扁豆汤	青瓜芦笋汤	薯仔黄瓜汤	南瓜汤	罗宋汤
	小吃	煮毛豆粒	玉米粒	土豆沙拉	杂豆	鹰嘴豆
		烤青瓜	腰果	韩国泡菜	芹菜条	杏仁
	晚餐	碳水化合物	白饭	白饭	白饭	白饭
希腊意粉			洋葱泡菜奶油通心粉	姜蒜虾仁炒饭	芝士土豆泥	蒜香蘑菇宽面
素菜		蒜蓉蒸粉丝娃娃菜	炒大白菜	炒青瓜	盐水菠菜	盐水上海青
		菜圃香葱煎蛋	冬瓜炒虾米	蒜蓉蒸茄子	炒包菜粉丝	煮番茄鸡蛋豆腐
		蒸西兰花&红萝卜	香草煎土豆片	鹰嘴豆煮杂菜	咖喱扁豆	芝士烤杂菜
蛋白质		姜葱炒墨鱼仔	叉烧	香辣炖猪肉	芋头蒸排骨	宫保猪肉丁
		韩式辣酱炖牛仔骨	黄油香草烤鸡腿肉	柠檬香煎龙利鱼	酥炸香茅鸡翅	柠檬汁炸鱼柳
汤		海带冬瓜汤	无花果猪骨汤	鸡蛋香菇玉米汤	黄豆龙骨汤	
小吃		青橄榄	红提	黑米杂粮	小米	烤青瓜
		烤青瓜	青豆粒	烤小番茄	海藻	红腰豆



Canteen

Dessert is served at lunch at Tuesday & Thurs
 Drinking water & Fruit are available at every m

May2022(23rd-27th)

Milk, soy milk, toast and brown bread are available every breakfast, yogurt at Tuesday & Thursday Menu is subject to change depending on availability

		Monday	Tuesday	Wednesday	Thursday	Friday
		Options	Options	Options	Options	Options
Breakfast	Carbs	Congee prok & preserved egg	Pumpkin millet Congee	Congee chicken & yam	Congee salted eggs and vegetables	Congee beef & mushroom
		Steamed bun	Noodles in soup	Waffles	Fried rice noodles	Baked potato Angle
	Vegan	Sauteed lettuce with garlic	Vegetable in salt water	Sweet corn & bell pepper	Roasted sweet potato	Vegetable in salt water
		Roast potato	Roast baby pumkin	Chicken sausages	Boiled lettuce	Corn cob
	Protein	Cheese pancake with beef	Smoke-chicken sandwich	Fried dumpling	Meat bun/cha siu baau	Noodle with meat sauce
		Chencun rice noddle	Fry eggs	Boiled quail egg	Shrimp omelette	Tuna sandwich
		Corn and ham omelette	Crispy im	Steamed rice noodle with pork	Bacon	French omelet
Lunch	Carbs	Rice	Rice	Rice	Rice	Rice
		Bread	India's bread	Sweet bean and cream lasagna	Shrimp pizza + cheese pizza	Pumpkin thousand layer
	Vegan	Fry bage	Vegetable with curry sauce	Sauteed baby cabbage	Sauteed water spinach	Boiled broccoli
		Saute dried beans with garlic heart	Braised tofu	Scrambled eggs with yellow pepper	Dry potato chips with onion	Braised tofu with radish
		Corn cob	Roast Mixed Veggies	Roasted pumpkin with basil	Steamed cauliflower with lime butter	Roast sweet potato
	Protein	Steam pork rib with pumkin	Braised beef with radish	Chicken wing	Sauteed pork korean style	Steam pork with preserved vegetable
		Chicken with cheese	Pan fry snapper	Pork steak with honey	Chicken steak	Roast chicken
	Soup	Sweet water kelp & green bean	Pork with bean soup	Lean pork soup with salted egg and mustard	Chicken & Veg soup	Egg soup with seaweed
		Lentil soup	Cucumber & asparagus soup	Cucumber with potato soup	Pumpkin soup with cream	Russian soup
	Side food	Cooked bean	Corn	Potato salad	Mixed beans	Chickpea
Roast cucumber		Cashew nuts	South Korean kimchi	Celery stick	Almond	
Dinner	Carbs	Rice	Rice	Rice	Rice	Rice
		Greek flavor pasta	Spaghetti with white sauce	Fried rice with shrimp	Mashed potatoes with cheese	Lasagna with garlic mushrooms
	Vegan	Steamed Cabbage with vermicelli	Sauteed chinese cabbage	Sauteed cucumber	Boiled spinach	Boiled vegetable
		Fried Eggs	Stir-fried wax gourd & dried shrimp	Steamed eggplant with garlic	Sauteed cabbage with rice noodle	Tofu with egg in tomato sauce
		Steamed broccoli & carrots	Vanilla potato chip	Cooked chickpea with mix veg	Lentil curry	Roasted cheese with vegs
	Protein	Fried cuttlefish	Barbecued pork	Stew pork with spicy	Stewed beef with potato	Kung Pao pork
		Braised beef rib with veg	Grilled chicken drumsticks with butter and vanilla	Sauteed longley with lemon	Curry beef	Fried fish with lemon
	Soup	Kelp and winter melon soup	Vegs with pork soup	Egg mushroom & corn soup	Pork soup with soybean	
	Side food	Green olives	Red grape	Black rice grains	Millet	Roasted cucumber
		Roasted cucumber	Peas	Roasted baby tomato	Seaweed	Red bean

