

健康周，周二、周四午餐暂时不提供甜点

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

2022/05/ 30 -2022/06/03 菜单3

菜单可能会因市场食材的供应而改变

		星期一	星期二	星期三	星期四	星期五	
		菜式	菜式	菜式	菜式	菜式	
早餐	碳水化合物	青菜香菇瘦肉粥	玉米藜麦粥	紫薯山药粥	南瓜玉米粥	瘦肉皮蛋粥	
		蒸小米糕	全麦蔬菜三文治	生肉包\叉烧包	西兰花鸡蛋三文治	菠菜圣女果蛋饼	
	素菜	盐水西兰花	蒜蓉炒菜心	盐水油麦菜	蒜蓉炒甜豆	盐水娃娃菜	
		煮玉米粒芦笋粒	香草焗土豆条	蒸红薯	玉米棒	豆沙包, 核桃包	
	蛋白质	牛肉汤陈村粉	鸡蛋汤米粉	猪肉馄饨	牛肉汤河粉	汤猪肉饺	
		干蒸	芝士虾仁包菜蛋饼	玉米粒炒蛋	烤玉米鸡胸肉饼	肉松火腿三文治	
		水煮蛋	鸡肉早餐肠	番茄彩椒茄汁焗豆	芝士肠	培根	
	午餐	碳水化合物	白饭	玉米粒蒸白饭	白饭	白饭	白饭
			蒜茸香草包	菠菜南瓜焗蛋	盐水白菜花	蔬菜春卷	白汁长意粉
番茄炒蛋			炒豆皮海带丝	蒜蓉蒸丝瓜	韭菜炒蛋	茄子酱焗豆腐	
素菜		盐水生菜	盐水油麦菜	麻婆豆腐	清炒莴笋	盐水西兰花	
		清蒸豆腐	咖喱杂菜	盐水生菜	青柠黄油蒸双色花	烤玉米笋红萝卜	
蛋白质		蒜蓉粉丝蒸扇贝	水煮酸菜鲷鱼	洋葱芝麻炒鸡胸肉	山药蒸排骨	蒜香猪寸骨	
		烟熏鸡胸肉	法式炖牛柳	迷迭香焗猪肉眼	巴斯克炖鸡	意式蘑菇鸡肉粒	
汤		青菜汤	粉葛黄豆龙骨汤	咸蛋芥菜瘦肉汤	冬瓜玉米煲龙骨	紫菜蛋花汤	
		忌廉蘑菇汤	红萝卜土豆汤	杂菜豆汤	南瓜小米汤	罗宋汤	
小吃		煮毛豆粒	海藻	土豆沙拉	黎麦	鹰嘴豆	
		黑橄榄	腰果	烤贝贝南瓜	芹菜条	杏仁	
晚餐		碳水化合物	白饭	白饭	白饭	白饭	白饭
	红糖香草烤南瓜片		迷迭香烤土豆片	烤蔬菜卷	土豆泥	蒜香蘑菇宽面	
	咸蛋黄煮豆腐		豆干炒蒜苗	红烧豆角茄子	肉沫蒸粉丝	韩式海带蛋角	
	素菜	蒜蓉炒白菜	盐水娃娃菜	盐水菜心	蒜蓉炒菠菜	盐水上海青	
		鹰嘴豆煮杂菜	泰式炒米粉	蒸西兰花&红萝卜	咖喱扁豆	芝士烤杂菜	
	蛋白质	虾仁蔬菜蒸蛋	梅菜蒸瘦肉饼	瘦肉炒青瓜	虾仁炒蛋	肉沫炒蒜苔丁	
		番茄炖猪肉丸	香草焗鸡胸肉	摩洛哥炖巴沙鱼	鸡肉蘑菇卷	烤鸡扒	
	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	韩国泡菜	烤蘑菇	黑米杂粮	小米	烤青瓜	
		小米	青豆粒	芦笋	白红萝卜条	红腰豆	

Dessert is not served at lunch at Tuesday & Thursday

Drinking water & Fruit are available at every meal

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 pork & mushroom	Congee corns & quinoa	Congee yam & sweet potato	Congee pumpkin & corn	Congee preserved egg & pork
		Steamed millet cake	Vegetable sandwich	Chaxiu bun/ pork bun	Eggs sandwich	Scrambled eggs with cherry tomato
	Vegan	Boiled broccoli	Sauteed vegetable with garlic	boiled lettuce	Sauteed green peas	Boiled chinese cabbage
		Corn kernels & asparagus	Roast potato	Roast sweet potato	Corn cob	Buns (walnut/ bean paste)
	Protein	Chencun rice noodle with beef	Rice noodle with eggs	Pork dumpling	Stri-fry rice noodle	Pork dumpling
		Siu mai	cheese and shrimp pan-cake	Corn omelette	Chicken and corn pie	Ham sandwich
Boiled eggs		chicken sausage	Beans in tomato sauce	Cheese sausage	Bacon	
Lunch	Carbs	Rice	Rice with corn	Rice	Rice	Rice
		Garlic bread	Roast spinach and pumpkin	Boiled cauliflower	Spring roll	Spaghetti with white sauce
		Sauteed tomato with eggs	Sauteed kelp and tofu	Steamed towel gourd	Sauteed eggs with chives	Braised tofu
	Vegan	boiled lettuce	Boiled vegetable	Mapo Tofu	Sauteed stemlettuce	Boiled broccoli
		Steam tofu	Mixed vegetable with curry sauce	Boiled lettuce	Steamed cauliflower with lime butter	Roasted baby corn & carrot
	Protein	Steamed scallops with garlic and rice noodle	Boiled fish with pickled vegetable	Sauteed chicken breast with onion	Steamed chinese yam with pork rib	Fried pork with garlic
		Smoked chicken	Braised beef french style	Roast pork	Braised chicken	Cheese mushroom & chicken
	Soup	Vegetables soup	Pork soup	Vegetable & salted eggs soup	Pork soup with vegs	Egg soup with seaweed
		Cream of mushrooms soup	Potato & carrot soup	Mixed veg & bean soup	Pumpkin soup	Russian soup
	Side food	Coiled beans	Seaweed	potato salad	Cooked quinoa	Chickpea
		Black olive	Cashew nuts	Roasted pumpkin	Celery stick	Almonds
	Dinner	Carbs	Rice	Rice	Rice	Rice
Roast pumpkin			Creamed potato	Vegetable roll	Mashed potatoes	Lasagna with mushrooms
Vegan		Braised tofu	fry green pepper with sauce	Sauteed long beans & eggplant	Rice noodle with mince meat	Kelp with eggs
		Sauteed chinese cabbage	Boiled chinese cabbage	Boiled green vegetable	Sauteed spinach	Boiled pakchoi
		Cooked Chickpea with veg	Thai fry rice noodle	Steamed broccoli & carrot	Lentil curry	Roasted cheese with vegs
Protein		Steam eggs & shrimp	Steam meat pie	Sauteed cucumber with pork	Fried eggs with shrimp	Garlic sprout with mince meat
		Spinach roll	Chicken with butter	Braised basa	Chicken roll	Chicken steak
Soup		Kelp & veg soup	Vegs with pork soup	Vegetable & eggs soup	Pork soup with soybean	
Side food	Kimchi	Roast mushroom	Grains	Millet	Roasted cucumber	
	Millet	Peas	Asparagus	Carrot and white radish	Red bean	