



Canteen

周二、周四午餐提供甜点
每餐提供饮用水和水果

2022年6月13日-17日

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

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
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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	南瓜千层	意式香肠披萨+斋披萨
	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	红烧豆腐	黄皮椒煎鸡蛋	酱香土豆块	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
		卤水猪寸骨	白萝卜焖牛肉	可乐鸡腿	韩式炒猪肉	猪肉焖甜梅菜
		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	
		土耳其小扁豆汤	青瓜芦笋汤	薯仔黄瓜汤	南瓜汤	
	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	炒小菜心	盐水菠菜	盐水上海青
		菜圃香葱煎蛋	冬瓜炒虾米	蒜蓉秋葵	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		莴笋炒猪肉丝	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

June 2022 (13rd-17th)

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 with pork & reserved egg	Pumpkin millet Congee	Congee chicken with yam	Porridge with salted eggs and vegetables	Mushroom beef porridge
		Steamed bun	Noodles in soup	Waffles	Fried rice noodles	Baked potato
	Vegan	Sauteed lettuce with garlic	Vegetable in salt water	Peas & sweet corn	Roasted sweet potato	Vegetable in salt water
		Roast potato	Roast baby pumpkin	Chicken sausages	Corn cob	Corn with green bean
	Protein	Chencun rice noodle	Fried eggs	Boiled quail egg	Pork bun	Noodles with sauce
		Cheese pancake with beef	Somke chicken sandwich	Fried dumpling	Shrimp omelette	Tuna sandwich
		Corn and ham omelette	Crispy sausage	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	Pizza (sausage/ vegetable)
	Vegan	Fry cabbage	Boiled lettuce	Sauteed baby cabbage	Vegetable	Boiled broccoli
		Saute dried beans with garlic heart	Braised tofu	Scrambled eggs with yellow pepper	Dry pot potato chips	Oil tofu boiled radish
		Corn cob	Curry Mixed Veggies	Basil roasted pumpkin	Steamed cauliflower with lime butter	Roast sweet potato
	Protein	Braised pork	Braised beef with radish	Braised chicken leg with Cola	Sauteed pork korean style	pork with preserved vegetable
		Chicken Roll with cheese	Pan fry snapper	Pork steak	Chicken steak	Roast chicken
	Soup	Sweet water kelp & green beans	Pork with bean soup	Pork soup with salted egg and mustard	Chicken & Veg soup	
		Lentil soup	Cucumber soup	Cucumber with potato soup	Pumpkin soup with cream	
	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
Greek flavor pasta			Pasta with cream sauce	Shrimp Fried rice	Mashed potatoes with cheese	Lasagna with garlic mushrooms
Vegan		Steamed Cabbage with vermicelli	Sauteed cabbage	Vegetable	Spinach	Vegetable
		Fried Eggs	Sauteed wax gourd with shrimp	Sauteed okra 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		Sauteed pork & asparagus lettuce	Barbecued pork	Spicy pork stew	Steam pork ribs	Kung Pao pork cubes
		Braised beef rib with veg	Grilled chicken drumsticks with butter and vanilla	Sauteed longley with lemon	Fried chicken wings	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	Roast cherry tomato	Seaweed	Red bean

