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| **Date** | **25/01** | **26/01** | **27/01** | **28/01** | **29/01** |
| **Item** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Soup** | 黄豆萝卜煲龙骨Carrot & Bean with Pork ribs Soup | 罗宋汤Borscht | 菜干萝卜煲龙骨Dried vegetables with Carrot with Pork ribs Soup | 蘑菇忌廉汤Mushroom with Cream Soup | Carrot &Sweet corn with Pork ribs Soup粟米红萝卜煲龙骨 |
| **Salad** | Daily Vegetables Salad | Daily Vegetables Salad | Daily Vegetables Salad | Daily Vegetables Salad | Daily Vegetables Salad |
| **Main Dishes** | 蜜制小鸡腿Honey chicken西兰花炒肉片Broccoli fried Sliced meat香草烤土豆Baked potato with Vanilla 肉松炒南瓜Minced meat fried Pumpkin蛋炒饭Egg fried Rice日式炒乌冬面Fried Wudong Japan style 白灼青菜Boiled Vegetables | 日和酱焗鱼柳Baked fish filet with sauce杂菌肉片Mix Mushroom fried Sliced meat咖喱炒杂菜Curry fried Mix Vegetables豆角粒炒蛋Bean fried Eggs泰皇炒饭Rice rice Thai style黑椒炒意粉Spaghetti with Black pepper 白菜青菜Boiled Vegetables | 香草烤鸡扒Grilled Chicken steak with Vanilla 香菇焖肉Mushroom Stewed Meat宫爆鸡丁Kung pao Chicken清炒藕片Stir fried Lotus root扬州炒饭Fried rice Yangzhou style三丝炒河粉Vegetable fried Rice noodles白灼青菜Boiled Vegetables | 咖喱牛腩Curry Beaf烤鸭胸Grilled Duck breast清蒸水蛋Steamed Eggs香菇炒菜花Mushroom fried Cauliflower 西式炒饭Fried rice western style 意式通心粉Macaroni白灼青菜Boiled Vegetables | 甜酸猪扒Sweet &Sour Pork chop牛肉炒蒜心Spring Garlic fried beef培根炒土豆片Potato fried Bacon番茄炒小瓜Tomato fried 杂豆炒饭Mix bean fried Rice茄汁炒意粉Spaghetti with Tomato sauce白灼青菜Boiled Vegetables |
| **Others** | Sandwich三文治 | Bacon Pizza 培根披萨 | Dumplings水饺 | Burger 汉堡 | French fries薯条 |
| **Drinks** | Water | Water Apple JuiceOrange Juice | Water | Water | Water |
| **Fruit** | Daily Fruit | Daily Fruit | Daily Fruit | Daily Fruit | Daily Fruit |