

# What's Cooking? Lunch Menu

## MONDAY

Carrot & corn pork soup	玉米红萝卜猪骨
Pork chop & black pepper	黑椒猪扒
Fried cauliflower & beef	牛肉炒菜花
Sauteed pumpkin and black fungus with garlic	香蒜炒南瓜木耳
Egg-fried rice	蛋炒饭
Pizza	披萨
Fried noodle with beef	牛肉炒河粉

## TUESDAY

Cream of mushroom soup	奶油蘑菇汤
American chicken pie	美式鸡肉派
Stir-fried pork with mustard & parsley	香芹榨菜炒肉
Hanshang vegetables	罗汉上素
Mix bean fried rice	杂豆炒饭
Sweet corn	牛油玉米
Macaroni with tomato	鲜茄炒通粉

## WEDNESDAY

Bean & Carrot soup	黄豆萝卜煲猪骨
Duck in orange sauce	香橙烩鸭胸
Lotus root with pork	莲藕焖红烧肉
Fried shredded potato	清炒土豆丝
Fried rice	西式炒饭
Butter bun	西餐包
Braised beef noodles	红烧牛肉面

## THURSDAY

Chinese sweet soup	莲子雪耳糖水
Chicken steak	香草烤鸡扒
Mix mushroom fried pork	杂菌炒肉
Pumpkin & bean	红腰豆焖南瓜
Yangzhou style fried rice	扬州炒饭
Steamed sweet potato	烤红薯
Vegetable fried rice noodles	炒河粉

## FRIDAY

Wax gourd & kelp soup	冬瓜海带煲猪骨
Braised quail eggs & pork	鹌鹑蛋焖红烧肉
Mini Sausage	珍珠肠仔
Steamed Eggs	清蒸水蛋
Yangzhou-style fried rice	扬州炒饭
Spaghetti & meat sauce	肉酱意粉
Sandwich	三文治

Fresh salad  
and fruit  
available daily  
每天供应新鲜  
水果和沙拉

Seasonal  
vegetables  
every day  
每餐提供时蔬

Menu for Sep19- 223





# What's Cooking?

## Lunch Menu

### MONDAY

Carrot & corn soup	玉米红萝卜猪骨
Crispy chicken	炸雪花鸡块
Asparagus & fried pork	青笋木耳炒肉
Braised tofu and pumpkin	支竹焖南瓜
Fried egg with leek	韭菜煎蛋
Egg-fried rice	蛋炒饭
Steamed sweet potatoes	蒸红薯

### TUESDAY

Cream of mushroom soup	奶油蘑菇汤
Chicken wings	可乐鸡翅
Broccoli & sausage	香肠炒西兰花
Braised Lotus root and pork	莲藕炒花肉
Potato & tomatoes	茄汁土豆
Thai-style rice	泰皇炒饭
Spaghetti with black pepper	黑椒意粉

### WEDNESDAY

Bean & Carrot soup	黄豆萝卜煲猪骨
Mushroom fried beef	蘑菇炒牛肉
Sautéed mixed vegetables	榄油炒杂菜
Mixed bean fried rice	杂豆炒饭
Dumplings	水饺
Steamed mini bun	奶香小馒头
Korean Roast Pork (五花肉、大蒜、生姜、韩式辣椒酱、蜂蜜、)	韩式烤五花肉 芝麻油、生抽、芝麻)
Korean Kimchi	韩国泡菜

### THURSDAY

Taro, coconut milk & sago	香芋椰子西米露
Steamed lotus root & pork	莲藕蒸肉
Curried chicken	咖喱鸡
Baked potato with cheese	芝士焗薯蓉
Egg-fried rice	蛋炒饭
Butter bun	西餐包
Steamed sweet potato	蒸红薯

### FRIDAY

Wax gourd & kelp soup	冬瓜海带煲猪骨
Curry beef	咖喱牛肉
Garlic moss fried squid	蒜心炒鱿鱼
Braised pork & tofu	肉松豆腐
Egg fried rice	蛋炒饭
Spaghetti & Tomato sauce	茄汁意粉
Dumpling	饺子

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Menu for Sep26-30