

Making every day
a better day



Week1

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| 杂菜汤 Vegetable soup 咖喱鸡 Curry Chicken 猪排 BBQ Pork Chop 印度飞饼 Indian Pancake 菠萝饭 Pineapple Rice 红烧萝卜 Braised Turnip 胡萝卜 Carrots | 老鸭扁尖汤 Duck soup with bamboo sprout 红烧肉 Braised Pork 鸡块 Chicken Nuggets 素鸡 Tofu 包菜 Cabbage 炒蛋 Fried Egg 西葫芦 Zucchini | 番茄蛋汤 Tomato Soup 烤鸭胸 Roasted Duck Breasts 炒排粉 Fried Rice Noodles 青菜 Chinese Green 三明治 Sandwich (Ham\egg\onion\lettuce \Chicken Breasts\pepper\tuna \cheese\tomato\cucumber) | 酸辣汤 Sour and hot soup 鸡肉串 Chicken Skewer 匹萨 Pisa 烤南瓜 Roasted Pumpkin 土豆泥 Mashed Potatoes 白菜 Cabbage 西兰花玉米 Broccoli & Corn | 番茄汤 Tomato Soup 古老肉 Sweet and Sour Pork 薯条 Fried French 生菜 Cabbage 三明治 Sandwich (Ham\egg\onion\lettuce \bacon\pepper\tuna \cheese\tomato\cucumber) |

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Week2

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|---|---|--|--|---|
| 扁尖老鸭汤 Duck soup with bamboo sprout 椰浆鸡 Coconut Chicken 牛肉蘑菇盘菜 Beef & Mushroom Casserole 印度炒面 Indian Fried Noodles 烤土豆 Roasted Potatoes 玉米棒 Corn on the cob 菠菜 Spinach | 冬瓜汤 Winter Melon soup 古老肉 Sweet and sour Pork 鱼排 Fish Fillet 咖喱饭 Curry Rice 番茄意面 Tomato Pasta 青菜 Asian Greens 胡萝卜 Carrots | 卡真鸡 Cajun Chicken 土豆泥 Mashed Potatoes 黄豆芽油豆腐 Bean curd & Soybean Sprout 番茄土豆汤 Tomato & Potato Soup 三明治 Sandwich (Ham\egg\onion\lettuce \Chicken Breasts\pepper\tuna \cheese\tomato\cucumber) | 南瓜汤 Pumpkin Soup 蘑菇蒸鸡 Steamed Chicken with Mushroom 匹萨 Pisa 中东米 Couscous 烧卖 Shao Mai 西芹 Celery 红烧萝卜 Braised Turnip | 胡萝卜汤 Carrot Soup 烤鸡翅 Chicken wings 薯条 Fried French 卷心菜 Cabbage 三明治 Sandwich (Ham\egg\onion\lettuce \bacon\pepper\tuna \cheese\tomato\cucumber) |

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Week3



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|---|---|---|--|--|
| 炸鸡块 Chicken Nuggets 清鸡汤 Chicken Soup 炒粉丝 Fried Rice Noodles 中式蔬菜 Vegetable in Chinese style 西班牙炖羊肉 Steamed Lamb in Spanish Style 奶油土豆 Creamy Potatoes 冬瓜 Winter Melon | 鸡肉汤 Chicken Soup 新加坡猪肉 Singapore Pork 炒河粉 Fried Rice Noodles 生菜 Lettuce 奶油蘑菇鸡 Grilled Chicken with a Creamy Mushroom Sauce 蔬菜馅饼 Vegetable Pie 西兰花胡萝卜 Broccoli & Carrots | 牛肉意面 Beef Pasta 土豆泥 Mashed Potatoes 包菜 Cabbage 南瓜汤 Pumpkin Soup 三明治 Sandwich (Ham\egg\onion\lettuce \Chicken Breasts\pepper\tuna \cheese\tomato\cucumber) | 奶油玉米汤 Creamy Corn Soup 烤红薯 Roasted Potatoes 披萨 Pisa 西葫芦 Zucchini 炸鸡块 Chicken Nuggets 炒饭 Fried Rice 冬瓜 Winter Melon | 泰式烤鸭胸 Roasted Duck Breast in Thai style 水饺 Dumplings 花菜 Cauliflower 番茄汤 Tomato Soup 三明治 Sandwich (Ham\egg\onion\lettuce \bacon\pepper\tuna \cheese\tomato\cucumber) |

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Week4



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| 榨菜蛋汤 Egg Soup 马来西亚咖喱羊肉 Malaysian Lamb Curry 菠萝饭 Pineapple Rice 黄豆芽油豆腐 Soybean sprout & Oily bean curd 卡真鸡 Cajun Chicken 中东米 Couscous 西葫芦 Zucchini | 南瓜汤 Pumpkin Soup 炸鸡块 Chicken Nuggets 蒸馒头 Steamed Bun 包菜 Cabbage 烤鸭胸 Roasted Duck Breast 炸米团 Rice Croquettes 花菜 Cauliflower | 迷迭香烤鸡胸 Roasted Chicken Breast in Rosemary 新加坡炒排粉 Singapore fried rice noodles 生菜 Lettuce 奶油蘑菇汤 Creamy Mushroom Soup 三明治 Sandwich (Ham\egg\onion\lettuce \Chicken Breasts\pepper\tuna \cheese\tomato\cucumber) | 甜玉米汤 Sweet corn Soup 炸鱼排 Fried Fish filet 素鸡 Tofu 水芹 Celery 披萨 Pisa 土豆泥 Mashed Potatoes 混合蔬菜 Mix Vegetables | 番茄汁肉圆 Meat mold in Tomato sauce 炸薯条 Fried French 胡萝卜 Carrot 洋葱汤 Onion Soup 三明治 Sandwich (Ham\egg\onion\lettuce \bacon\pepper\tuna \cheese\tomato\cucumber) |

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Week 5



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|--|--|--|--|--|
| 酸辣汤 Hot and Sour Soup 红烧肉 Braised Pork 蛋煎鸡 Chicken fried with egg 奶油蘑菇汁意面 Baked penne with a Creamy 新加坡炒排粉 Fried Rice Noodles in Singapore style mushroom sauce 西葫芦 Zucchini 生菜 Cabbage | 包菜汤 Cabbage Soup 鸡肉串 Chicken Skewer 俄式牛肉 Beef Stroganoff 炒面 Fried Noodles 烤土豆 Roasted Potatoes 胡萝卜 Carrots 花菜 Cauliflowers | 炸猪排 Crispy Pork chop 蛋炒饭 Fried rice with egg 包菜 Cabbage 南瓜汤 Pumpkin Soup 三明治 Sandwich (Ham\egg\onion\lettuce \Chicken Breasts\pepper\tuna \cheese\tomato\cucumber) | 冬瓜咸肉汤 Pork & Winter melon Soup 菠萝古老肉 Sweet & Sour Pork with pineapple 烤红薯 Baked Sweet Potato 青菜 Bok choy 墨西哥鸡肉卷 Mexican Chicken Tortillas 玉米棒 Corn on cob 混合蔬菜 Mix vegetables | 洋葱汤 Onion Soup 黑胡椒鸡翅 Black Pepper Chicken wings 薯条 Fried French 菠菜 Spinach 三明治 Sandwich (Ham\egg\onion\lettuce \bacon\pepper\tuna \cheese\tomato\cucumber) |

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