

菜单 MENU

2019.9.23-9.27 MENU



		MONDAY/周一	TUESDAY/周二	WEDNESDAY/周三	THURSDAY/周四	FRIDAY/周五
Western and Asian Snack Option 中西早点	Asian snack	燕麦红糖馒头 Steamed Oats & Brown Sugar Bun	鸡蛋煎饼 Chinese Egg pancake	煎饺 Pan-fried Dumplings	酱肉包子 Meat bun	紫米糕 Purple Rice Cake
	Western snack	迷你火腿芝士三明治 Mini Ham & Cheese Sandwich	鸡肉早餐肠 Chicken Sausage	芝士鸡肉卷饼 Chicken & Cheese Wrap	培根片 Grilled Bacon	火腿蛋早餐堡 Mini Breakfast Burger (Ham & Egg)
			香蕉蛋糕 Banana Cake		焗黄豆 Baked Beans	
	Egg dish	水煮蛋 Boiled egg	茶叶蛋 Tea egg	鹌鹑蛋 Quail egg	卤蛋 Marinated egg	时蔬滑蛋 Scrambled egg with Vegetables
Daily Vegetable	白灼生菜 Boiled lettuce	玉米段 Corn on cob	青菜 Pak choy	上汤大白菜 Cabbage in chicken soup	烤红薯 Sweet potato	



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Noodle and Congee Option 面食粥档	Noodle /Dumplings	时蔬炒米粉 Fried Rice Noodle with vegetable	上汤小云吞 Mini Wonton soup	上海炒年糕 Fried rice cake with vegetable	青菜肉丝面 Noodles soup with Pork & Chinese Green	水饺 Pork Dumplings
	Congee	绿豆粥 Green bean congee	青菜瘦肉粥 Greens and Pork chicken congee	玉米鸡茸粥 Chicken & corn congee	香菇牛肉粥 Beef & Mushroom congee	南瓜小米粥 Pumpkin & millet Congee
Health Bar 健康吧	Drink/Museli /Fresh Toast	牛奶/酸奶/豆浆/果蔬水（配果粒, 麦片）/新鲜吐司 Milk/Yoghut/Soy milk with Diced Fruit and Muesli/Fresh Toast	牛奶/酸奶/豆浆/果蔬水（配果粒, 麦片）/新鲜吐司 Milk/Yoghut/Soy milk with Diced Fruit and Muesli/Fresh Toast	牛奶/酸奶/豆浆/果蔬水（配果粒, 麦片）/新鲜吐司 Milk/Yoghut/Soy milk with Diced Fruit and Muesli/Fresh Toast	牛奶/酸奶/豆浆/果蔬水（配果粒, 麦片）/新鲜吐司 Milk/Yoghut/Soy milk with Diced Fruit and Muesli/Fresh Toast	牛奶/酸奶/豆浆/果蔬水（配果粒, 麦片）/新鲜吐司 Milk/Yoghut/Soy milk with Diced Fruit and Muesli/Fresh Toast

Start the day with a Refreshing beverage