

# MENU 1

24<sup>th</sup> MAR.- 18<sup>th</sup> APR.

## FRESH VEGETABLE BAR

蔬菜色拉

LETTUCE, ONION, TOMATO, CORN, CUCUMBER, RED CABBAGE

生菜,洋葱, 番茄, 玉米粒, 黄瓜, 紫甘蓝

## SALADS AND APPETIZERS

混合色拉和开胃菜

PAPAYA AND LETTUCE SALAD WITH BALSAMIC

木瓜生菜沙拉配香醋汁

BEEF AND LETTUCE SALAD

牛肉生菜沙拉

SEAFOOD AND SHEET JELLY SALAD

海鲜拌拉皮

## HOT DISHES

热菜

GRILLED LAMB WITH BLACK PEPPER SAUCE

煎羊排配黑椒汁

FRIED RICE CAKE WITH KIMCHI

辣白菜炒年糕

STEWED SAUERKRAUT WITH PORK SPARE RIB

子排烩酸菜

FRIED CARROT WITH MUSHROOM AND RAPE

胡萝卜炒油菜杏鲍菇

STEAMED BABY CABBAGE

蒸娃娃菜

STEWED PORK WITH POTATO

红烧肉烧土豆

STEWED RICE WITH BEEF

牛肉烩饭

GRILLED PORK SAUSAGE      PRAWN CRACKER

煎猪肉肠                    虾片

RICE

米饭

2 KINDS OF JUICE

果汁

BREAD AND JAM

面包

3 KINDS OF FRUIT

水果

# **MENU 2**

## **FRESH VEGETABLE BAR**

**蔬菜色拉**

**ICEBERG LETTUCE , CORN, CUCUMBER, TOMATO, ONION, GREEN PEPPER**  
**玻璃生菜, 玉米粒, 黄瓜, 番茄, 洋葱, 青椒**

## **SALADS AND APPETIZERS**

**混合色拉和开胃菜**

**PINEAPPLE AND BACON SALAD**

**培根菠萝沙拉**

**KIMCHI**

**辣白菜**

**LETTUCE AND SEAFOOD SALAD WITH LEMON**

**柠檬海鲜生菜沙拉**

## **HOT DISHES**

**热菜**

**VEGETABLE PIZZA**

**蔬菜比萨**

**BACON PIZZA**

**培根比萨**

**PASTA WITH BEEF SAUCE**

**肉酱意面**

**STEAMED PORK WITH PRESERVED GREENS**

**梅菜扣肉**

**FRIED VEGETABLE WITH BUTTER**

**黄油炒时蔬**

**FRIED VEGETABLE WITH VERMICELLI**

**炒蔬菜配粉丝**

**FRIED BEAN WITH CHINESE SAUSAGE**

**腊味荷兰豆**

**FRIED RICE WITH LIGHT SOY SAUCE**

**酱油炒饭**

**GRILLED PORK SAUSAGE DEEP-FRIED ONION RINGS**

**扒肠仔 炸洋葱圈**

**RICE**

**米饭**

**2 KINDS OF JUICE**

**果汁**

**BREAD AND JAM**

**面包**

**3 KINDS OF FRUIT**

**水果**

# MENU 3

## FRESH VEGETABLE BAR

蔬菜色拉

CHICORY, CHERRY TOMATOES, GREEN PEPPERS, ONION, CARROTS,

CUCUMBER

锯齿生菜, 樱桃番茄, 青椒, 洋葱, 胡萝卜, 黄瓜

## SALADS AND APPETIZERS

混合色拉和开胃菜

POTATO AND ASPARAGUS SALAD

土豆芦笋色拉

APPLE AND CHICORY SALAD WITH CHEESE

苹果苦苣沙拉配芝士

CUCUMBER AND BEAN CURD STICK SALAD WITH HAM

黄瓜腐竹拌火腿

## HOT DISHES

热菜

ROASTED BEEF

韩式烤牛肉

FRIED BAK CHOY WITH GARLIC

蒜蓉菜心

BRAISED WINTER MELON WITH HAM

火腿烧冬瓜

FRIED BRUSSELS SPROUT WITH BACON

培根炒小包心菜

FRIED EGGPLANT WITH SOUR AND SWEET SAUCE

鱼香茄条

STEWED BEEF WITH POTATO

牛肉烧土豆

FRIED RICE WITH HAM

火腿炒饭

ROASTED SQUID BALLS    BOILED CORN

烤墨鱼丸

煮玉米

RICE

米饭

2 KINDS OF JUICE

果汁

BREAD AND JAM

面包

3 KINDS OF FRUIT

水果

# MENU 4

## FRESH VEGETABLE BAR

蔬菜色拉

ICEBERG LETTUCE , CORN, CUCUMBER, TOMATO, ONION, GREEN PEPPER  
玻璃生菜, 玉米粒, 黄瓜, 番茄, 洋葱, 青椒

## SALADS AND APPETIZERS

混合色拉和开胃菜

RED RADISH SALAD

拌萝卜沙拉

KIMCHI

辣白菜

BEEF SALAD PESTRO

紫苏牛肉沙拉

## HOT DISHES

热菜

STEWED PORK WITH GREEN PEPPER

溜肉段

BAKED MUSHROOM WITH HAM

火腿焗蘑菇

STEAMED SEAFOOD AND BEANCARD WITH BLACK BEAN SAUCE

鼓汁蒸三鲜豆腐

FRIED CAULIFLOWER WITH BEEF

牛肉炒菜花

DEEP-FRIED WEDGED POTATO

炸土豆角

BARBECUED PORK

叉烧猪排

STEWED RICE WITH SEAFOOD

海鲜烩饭

DEEP-FRIED SQUID CRISP MILK

炸鱿鱼圈 炸椰奶

## RICE

米饭

## 2 KINDS OF JUICE

果汁

## BREAD AND JAM

面包

## 3 KINDS OF FRUIT

水果

# MENU 5

## FRESH VEGETABLE BAR

蔬菜色拉

TOMATO, LETTUCE, ONION, CARROTS, CUCUMBER  
番茄, 生菜, 洋葱, 胡萝卜, 黄瓜

## SALADS AND APPETIZERS

混合色拉和开胃菜

BEEF AND SPINACH SALAD

烤牛柳菠菜色拉

CAESAR SALAD

凯撒色拉

SEAWEED SALAD

炝拌海带丝

## HOT DISHES

热菜

COUNTRY SANDWICH/BEEF PITA SANDWICH

乡村三明治/牛肉三明治

FRENCH FRIES

薯条

BEEF SOUP WITH VEGETABLE

西湖牛肉羹

TOMATO SOUP

番茄汤

BAKED ZUCCHINI WITH SAUSAGE

焗角瓜德式香肠

STEAMED BROCCOLI WITH VERMICELLI

蒜茸粉丝西兰花

GRILLED BEEF

扒牛肉条

## 2 KINDS OF JUICE

果汁

## 3 KINDS OF FRUIT

水果

星期一  
肉段烧茄子  
尖椒土豆片  
烧豆角  
家常凉菜  
紫菜蛋花汤

星期二  
鸡腿烧土豆  
炒韭菜干豆腐  
木须洋葱  
拌菠菜  
泰式酸辣汤

星期三  
肉末豆腐  
榨菜肉丝  
地三鲜  
炝拌苦苣  
木须柿子汤

星期四  
香辣肉丝  
木耳角瓜炒鸡蛋  
酸菜粉  
腊肠拌黄豆芽  
豆腐羹

# **MENU 6**

## **FRESH VEGETABLE BAR**

**蔬菜色拉**

LETTUCE,ONION,TOMATO,CORN,CUCUMBER,RED CABBAGE  
生菜，洋葱，番茄，玉米粒，黄瓜，紫甘蓝

## **SALADS AND APPETIZERS**

**混合色拉和开胃菜**

POTATO SALAD

**炝拌土豆丝**

POTATO AND SAUSAGE SALAD

**德式香肠色拉配烤土豆**

SMOKED PORK WITH SUNDRIED TOMATO

**烟熏猪柳配干番茄**

## **HOT DISHES**

**热菜**

STEWED BEEF WITH POTATO

**匈牙利烩牛肉**

FRIED GREENPEPPER WITH PORK

**青椒炒肉**

FRIED POTATO AND ONION WITH BACON

**腌肉洋葱炒土豆**

STEWED LENTIL WITH CORN

**烩扁豆玉米**

STEWED EGGPLANT WITH PORK

**肉丝扒茄子**

DEEP-FRIED BEEF

**炸牛肉条**

FRIED RICE WITH MUSHROOM AND BACON

**蘑菇培根炒饭**

BOILED DUMPLING    FRENCH FRIES

**水饺**

**薯条**

**RICE**

**米饭**

**2 KINDS OF JUICE**

**果汁**

**BREAD AND JAM**

**面包**

**3 KINDS OF FRUIT**

**水果**

# MENU 7

## FRESH VEGETABLE BAR

蔬菜色拉

ICEBERG LETTUCE, CORN, CUCUMBER, TOMATO, ONION, GREEN PEPPER

玻璃生菜, 玉米粒, 黄瓜, 番茄, 洋葱, 青椒

### SALAD AND APPETIZER

混合色拉和开胃菜

PORK SAUSAGE SALAD WITH OLIVES

猪肉肠沙拉配橄榄

SPINACH SALAD WITH BACON

培根菠菜沙拉

KIMCHI

辣白菜

### HOT DISHES

热菜

FRIED PASTA WITH TOMATO SAUCE

茄汁意面

FRIED PASTA AND BEEF WITH BLACK PEPPER SAUCE

黑椒牛柳炒意粉

GRILLED ZUCCHINI WITH TOMATO SAUCE

煎角瓜配茄汁

STEWED BEEF WITH TOMATO

牛肉炖柿子

FRIED MUSHROOM

干煸鲜蘑

CORN SOUP WITH CARROT

胡萝卜玉米浓汤

LAMB RADISH SOUP

羊肉萝卜粉丝汤

STEWED RICE WITH VEGETABLE

蔬菜烩饭

LAMB SHASHLIK     DEEP-FRIED VEGETABLE

羊肉串

炸蔬菜

### RICE

米饭

2 KINDS OF JUICE

果汁

BREAD AND JAM

面包

3 KINDS OF FRUIT

水果

# MENU 8

## FRESH VEGETABLE BAR

蔬菜色拉

LETTUCE, ONION, TOMATO, CORN, CUCUMBER, RED CABBAGE

生菜,洋葱, 番茄, 玉米粒, 黄瓜, 紫甘蓝

## SALADS AND APPETIZERS

混合色拉和开胃菜

BEEF AND TOMATO SALAD WITH CHEESE

牛肉番茄沙拉配芝士

SPINACH AND MUSHROOM SALAD

金针菇拌菠菜

BANANA SALAD WITH YOGURT DRESSING

香蕉酸奶沙拉

## HOT DISHES

热菜

FRIED LAMB WITH VEGETABLE

炒羊肉配蔬菜

STEWED PORK WITH BEAN

红烧肉配豆子

FRIED MUSHROOM WITH VEGETABLE

黑椒蘑菇炒蔬菜

FRIED HONEYBEAN WITH BACON

腌肉炒蜜豆

ROASTED CORN WITH BUTTER

烤玉米配黄油

## GRILLED FISH

煎鱼排

FRIED RICE WITH BEEF AND GREENPEPPER

青椒牛肉炒饭

DEEP-FRIED PORK CORN PAN CAKE

炸猪肉丸                                   煎玉米饼

## RICE

米饭

## 2 KINDS OF JUICE

果汁

## BREAD AND JAM

面包

## 3 KINDS OF FRUIT

水果

# **MENU 9**

## **FRESH VEGETABLE BAR**

**蔬菜色拉**

LETTUCE,CHERRY TOMATOES,CUCUMBER,BROCCOLI,ONION,RED  
CABBAGE

生菜, 樱桃番茄, 黄瓜, 西兰花, 洋葱, 紫甘蓝

## **SALADS AND APPETIZERS**

**混合色拉和开胃菜**

JELLY FUNGUS AND ONION SALAD

洋葱拌木耳

KIMCHI

辣白菜

LENTIL AND TUNA SALAD

扁豆吞拿鱼沙拉

## **HOT DISHES**

**热菜**

BOILED PRAWN

盐水大虾

FRIED POTATO AND KIMCHI WITH PORK

五花肉辣白菜土豆片

FRIED BEEF WITH VEGETABLE

牛肉炒蔬菜

FRIED ZUCCHINI WITH SHRIMP

虾仁炒角瓜

VEGETABLE CURRY

咖喱蔬菜

## **SWEET AND SOUR PORK**

**锅包肉**

FRIED RICE WITH HAM AND VEGETABLE

火腿蔬菜炒饭

## **BEEF SHASHLIK \DEEP-FRIED BANANA**

**烤牛肉串 炸香蕉**

**RICE**

**米饭**

## **2 KINDS OF JUICE**

**果汁**

## **BREAD AND JAM**

**面包**

## **3 KINDS OF FRUIT**

**水果**

# **MENU 10**

## **FRESH VEGETABLE BAR**

蔬菜色拉

TOMATO, LETTUCE, ONION, CARROTS, CUCUMBER  
番茄, 生菜, 洋葱, 胡萝卜, 黄瓜

## **SALADS AND APPETIZERS**

混合色拉和开胃菜

ASPARAGUS LETTUCE AND SALAD WITH SHRIMP

青笋虾仁沙拉

BEEF SALAD WITH LEMON

柠檬牛肉沙拉

BANANA SALAD WITH YOGURT DRESSING

香蕉酸奶沙拉

## **HOT DISHES**

热菜

HAM AND CHEESE SANDWICH /SMOKED BEEF SANDWICH

火腿芝士三明治/烟熏牛肉三明治

FRENCH FRIES

薯条

PUMPKIN SOUP

南瓜汤

ONION SOUP

洋葱汤

FRIED SOYBEAN WITH KALE BORECOLE

橄榄菜炒黄豆

STEWED BEANCARD WITH BEANPASTE

酱豆腐

BEEF CURRY

咖喱牛肉

## **2 KINDS OF JUICE**

果汁

## **3 KINDS OF FRUIT**

水果

星期一  
宫保鸡丁  
香菇烧豆腐  
白灼白菜  
木耳拌凉瓜  
西湖牛肉羹

星期二  
干炸黄花鱼  
木须洋葱  
鸡蛋糕  
拌菠菜  
木须柿子

星期三  
木须肉  
肉丝炒茼蒿  
黑白菜  
洋葱干豆腐  
羊肉粉丝汤

星期四  
烧丸子  
芹菜炒粉  
地三鲜  
胡萝卜拌芹菜  
豆沙玉米羹

## 小吃

骨肉相连

虾片

鸡米花

炸椰奶

扒肠仔(自作)

煮玉米

炸鸡块

炸薯饼

炸牛柳条

煎玉米饼

炸墨鱼丸

烤苹果

羊肉串

炸香蕉

烤鸡翅

炸洋葱圈