

# MENU 1

24<sup>th</sup> FEB.- 21<sup>th</sup> MAR.

## 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

CUCUMBER AND APPLE SAUCE

青瓜苹果沙拉

BAKED BEEF WITH MUSHROOM

烤牛柳配蘑菇

POTATO AND LETTUCE SALAD

炸土豆片生菜沙拉

## HOT DISHES

### 热菜

ROASTED CHICKEN

照烧鸡腿

MASHED POTATO WITH CHEESE AND BEEF SAUCE

奶酪焗肉酱土豆泥

FRIED BAK CHOY WITH GARLIC

蒜蓉菜心

STEWED SLICED LAMB WITH LEEK

葱烩羊肉

FRIED MUSHROOM WITH PARSLEY SAUCE

炒蘑菇配法香汁

ROASTED PORK WITH SWEET SAUCE

蜜汁烤排骨

STEWED RICE WITH SEAFOOD

海鲜烩饭

CHICKEN SHASHLIK    PRAWN CRACKER

骨肉相连

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

THAI BEEF SALAD

泰国牛肉粉丝沙拉

KIMCHI

辣白菜

CHICORY SALAD

凉拌苦苣

## HOT DISHES

### 热菜

MUSHROOM PIZZA

蘑菇比萨

BEEF PIZZA

牛肉比萨

PASTA WITH BEEF SAUCE

肉酱意面

STEWED BEEF WITH POTATO

牛肉烧土豆

FRIED CARROT WITH MINT SAUCE

薄荷酱炒胡萝卜

STEWED BEAN CURD

烧豆腐

FRIED ZUCCHINI WITH PORK SAUSAGE

猪肉肠炒角瓜

FRIED RICE WITH VEGETABLE

蔬菜炒饭

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

GRILLED VEGETABLE WITH MINT

扒时蔬配薄荷汁

CELERY AND SHRIMP SALAD

虾仁炆芹菜

SEAFOOD AND RICE SALAD

海鲜米饭色拉

## HOT DISHES

### 热菜

GRILLED LAMB CHOP WITH GREEN PEPPER SAUCE

煎羊排配绿胡椒汁

FRIED CABBAGE WITH PORK

猪颈肉炒包菜

STEWED CARROT WITH BEEF

牛肉烩胡萝卜

FIRED TOMATO WITH EGG

木须柿子

FRIED POTATO

炒土豆丝

FRIED CHICKEN WITH ONION

洋葱炒鸡

STEWED RICE WITH BACON AND MUSHROOM

培根蘑菇烩饭

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

CHICKEN AND ICEBERG LETTUCE SALAD

鸡肉生菜沙拉

KIMCHI

辣白菜

TUNA SALAD

金枪鱼沙拉

## HOT DISHES

### 热菜

CHICKEN CURRY WITH SWEET POTATO

咖喱红薯小鸡块

STEWED VEGETABLE WITH CREAM SAUCE

奶油烩蘑菇蔬菜

FRIED INDIAN LETTUCE WITH GARLIC

蒜蓉油麦菜

FRIED DRIED BEANCURD WITH GREEN PEPPER

青椒干豆腐

GRILLED BEEF WITH BLACK PEPPER SAUCE

煎西冷牛排配黑椒汁

ROASTED BEEF SHASHLIK

烤牛肉串

FRIED RICE WITH HAM AND VEGETABLE

扬州炒饭

DEEP-FRIED CHICKEN CRISP MILK

炸鸡块

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

PASTA SALAD

意面沙拉

MIXED MUSHROOM SALAD

蘑菇色拉

ROAST CHICKEN AND LETTUCE SALAD

鸡肉生菜色拉

## HOT DISHES

### 热菜

COUNTRY SANDWICH/CHICKEN PITA SANDWICH

乡村三明治/阿拉伯三明治

FRENCH FRIES

薯条

BEEF SOUP WITH VEGETABLE

西湖牛肉羹

TOMATO SOUP

番茄汤

FRIED EGG WITH BEEF SAUSAGE

牛肉肠炒鸡蛋

FRIED BROCCOLI WITH GARLIC

蒜茸西兰花

ROASTED CHICKEN

中式烤鸡腿

## 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

炆拌苦苣

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

CHICKEN SALAD WITH PESTO

烤鸡肉沙拉配紫苏酱

CORN AND VEGETABLE SALAD

玉米粒蔬菜沙拉

ASPARAGUS SALAD WITH SHRIMP

芦笋虾仁沙拉

## HOT DISHES

### 热菜

STEWED POTATO AND CORN WITH PORK RIB

土豆玉米炖排骨

FRIED BEAN CURD WITH BEAN SPROUT

豆芽炒豆腐干

FRIED BROCCOLI WITH GARLIC

蒜茸西兰花

STEWED PASTA WITH CREAM SAUCE

奶油意面

STEWED ZUCCHINI WITH PORK

猪肉肠烩角瓜

FRIED BEEF WITH BLACK PEPPER AND CELERY

西芹炒黑椒牛肉粒

## GILLED CHICKEN

### 煎鸡腿

STEWED RICE WITH PORK AND VEGETABLE

猪肉青菜烩饭

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**

DUCK BREAST WITH BALSAMIC DRESSING

烤鸭胸配锯齿生菜香脂醋汁

COUSCOUS WITH BACON SALAD

中东小米沙拉配腌肉

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

FRIED CABBAGE WITH TOMATO

柿子炒包菜

DEEP-FRIED PORK WITH NUT

果仁猪排

FRIED CABBAGE WITH SHRIMP

虾仁炒娃娃菜

CORN SOUP WITH CREAM

奶油玉米浓汤

LAMB RADISH SOUP

羊肉萝卜粉丝汤

FRIED RICE WITH SEAFOOD AND CURRY

咖喱海鲜炒饭

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

EGGPLANT SALAD WITH BEEF

牛肉茄子沙拉

PINEAPPLE SALAD

烤菠萝沙拉

MUSHROOM AND CHICORY WITH HAM

蘑菇苦苣配火腿色拉

## HOT DISHES

### 热菜

ROASTED DUCK WITH BARBECUE SAUCE

叉烧烤鸭胸

FRIED GNOCCHI WITH BACON

培根土豆饺

FRIED CAULIFLOWER WITH PORK

干煸五花肉菜花

FRIED BITTER MELON WITH HAM

火腿炒苦瓜

BAKED EGGPLANT WITH PESTO

芝士焗茄子配紫苏酱

GRILLED FISH WITH BLACK PEPPER

煎黑椒鱼片

FRIED RICE WITH EGG

蛋炒饭

DEEP-FRIED CHICKEN WINGS    CORN PAN CAKE

炸鸡翅

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

SWEET AND SOUR PICKLE

酸甜泡菜

KIMCHI

辣白菜

BEEF AND VEGETABLE SALAD

牛肉蔬菜沙拉

### HOT DISHES

#### 热菜

STEWED CHICKEN WITH COLA SAUCE

可乐鸡腿

FRIED RICE NOODLES

星洲炒米粉

FRIED VEGETABLE WITH BUTTER

黄油时蔬

FRIED WINTER MELON WITH SHRIMP

虾仁烧冬瓜

FRIED MUSHROOM WITH PESTRO

紫苏酱炒蘑菇

DEEF-FRIED BEEF BALL

炸牛肉丸

FRIED RICE WITH HAM AND VEGETABLE

火腿蔬菜炒饭

CHICKEN SHASHLIK \DEEP-FRIED BANANA

烤鸡肉串

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

BAKED SEAWEED

烤紫菜

ICEBERG LETTUCE SALAD WITH SHRIMP

虾仁生菜沙拉

SPICY CUCUMBER SALAD

麻辣黄瓜

## HOT DISHES

### 热菜

HAM AND CHEESE SANDWICH /SMOKED CHICKEN SANDWICH

火腿芝士三明治/烟熏鸡胸三明治

FRENCH FRIES

薯条

PUMPKIN SOUP

南瓜汤

ONION SOUP

洋葱汤

STEWED CHICKEN WITH PRUNE

鸡肉烩西梅

FRIED CUCUMBER AND EDIBLE TREE FUNGUS WITH PORK

黄瓜木耳炒肉片

VEGETABLE CURRY

咖喱蔬菜

## 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