

# MENU 1

27<sup>th</sup> JAN.- 28<sup>th</sup> FEB.

## 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

CHICKEN AND LETTUCE SALAD  
鸡肉生菜沙拉

SEAFOOD AND SHEET JELLY SALAD  
海鲜拌拉皮

## HOT DISHES

热菜

STEWED BEEF WITH VEGETABLE  
牛肉烩蔬菜

FRIED POTATO WITH BUTTER  
黄油炒土豆

STEWED SAUERKRAUT WITH SPARE RIB  
子排烩酸菜

FRIED MUSHROOM WITH VEGETABLE  
黑椒杏鲍菇炒蔬菜

FRIED BABY CABBAGE WITH GARLIC  
蒜蓉娃娃菜

## ROASTED CHICKEN

烤鸡翅

HAINANESE CHICKEN RICE  
海南鸡饭

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

PINEAPPLE AND BACON SALAD

培根菠萝沙拉

KIMCHI

辣白菜

DUCK SALAD WITH LEMON

柠檬鸭胸沙拉

## HOT DISHES

热菜

VEGETABLE PIZZA

蔬菜比萨

BACON PIZZA

培根比萨

PASTA WITH BEEF SAUCE

肉酱意面

ROASTED CHICKEN WITH PESTRO

烤鸡腿配紫苏酱

FRIED VEGETABLE WITH BUTTER

黄油炒时蔬

FRIED EDIBLE TREE FUNGUS WITH SPRING ONION

小葱炒木耳

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 WITH CHICKEN

鸡肉土豆芦笋色拉

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

GRILLED BEEF WITH LETTUCE

香煎牛肉片生菜

FRIED BAK CHOY WITH GARLIC

蒜蓉菜心

BAKED MACARONI WITH CHEESE AND TOMATO

番茄焗通心粉

FRIED FRENCH BEAN WITH BACON

培根炒豆角

STEWED PORK BALL WITH CHINESE CABBAGE AND FLAT VERMICELLI

丸子烩白菜粉

DEEP-FRIED CHICKEN

炸鸡柳

FRIED RICE WITH HAM AND EGG

火腿蛋炒饭

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

CHICKEN SALAD PESTRO

紫苏鸡肉沙拉

## HOT DISHES

热菜

FRIED FISH DICED WITH PEANUT

宫保鱼肉

BAKED MUSHROOM WITH HAM

火腿焗蘑菇

FRIED BEANCARD WITH GARLIC SPROUT

油豆腐炒蒜苗

FRIED CAULIFLOWER WITH BEEF

牛肉炒菜花

BAKED WEDGED POTATO

烤土豆角

GRILLED PORK WITH ONION SAUCE

煎猪排配洋葱汁

STEWED RICE WITH SEAFOOD

海鲜烩饭

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

CHICKEN AND SPINACH SALAD  
烤鸡胸菠菜色拉  
SMOKED DUCK AND BACON SALAD  
鸭胸腌肉色拉  
SEAWEED SALAD  
炝拌海带丝

## 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 WITH APPLE SAUCE  
烤鸡配苹果汁

## 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

BAKED PORK

焗猪梅肉

GRILLED VEGETABLE WITH PESTRO

扒蔬菜配紫苏酱

STEWED POTATO WITH BACON

腌肉烩土豆

FRIED CORN WITH PINE NUT

松仁玉米

FRIED CELERY WITH SHRIMP

虾仁炒西芹

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

CHICKEN SALAD WITH OLIVES

鸡肉沙拉配橄榄

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

FRIED ZUCCHINI WITH EGG

木须角瓜

ROASTED DUCK

烤鸭胸

GRILLED MUSHROOM WITH GARLIC

蒜香杏鲍菇

CORN SOUP WITH CREAM

奶油玉米浓汤

LAMB RADISH SOUP

羊肉萝卜粉丝汤

STEWED RICE WITH CHICKEN

鸡肉烩饭

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 ZUCCHINI

烤羊肉炒角瓜

BAKED BEAN WITH CHEESE

芝士焗豆子

FRIED HONEYBEAN WITH BACON

腌肉炒蜜豆

BOILLED CORN

煮玉米

FRIED ASPARAGUS WITH PORK

五花肉炒芦笋

## **GRILLED FISH**

**煎鱼排**

**FRIED RICE WITH BEEF AND GREENPEPPER**

**青椒牛肉炒饭**

**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**

PINEAPPLE SALAD WITH CHICKEN

菠萝鸡肉沙拉

KIMCHI

辣白菜

LENTIL AND TUNA SALAD

扁豆吞拿鱼沙拉

## **HOT DISHES**

**热菜**

GRILLED LAMB WITH BLACK PEPPER SAUCE

煎羊排配黑椒汁

FRIED EGG WITH CUCUMBER

木须瓜片

FRIED UDON WITH VEGETABLE

蔬菜炒乌冬面

FRIED ZUCCHINI WITH SHRIMP

虾仁炒角瓜

VEGETABLE CURRY

咖喱蔬菜

FRIED PORK RIB WITH PINE NUT

松仁排骨

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

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 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  
FRIED BAK CHOY WITH GARLIC  
蒜蓉菜心  
FRIED BEANCARD WITH BEEF  
什锦豆腐  
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