

MENU 1

2th JUN.-30th JUN.

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

TOMATO AND APPLE SALAD

苹果番茄沙拉

ROASTED BEEF WITH MUSHROOM

烤牛柳配蘑菇

CHICKEN AND LETTUCE SALAD

鸡肉生菜沙拉

HOT DISHES

热菜

ROASTED CHICKEN WITH APPLE SAUCE

煎鸡排配苹果汁

MASHED POTATO

香料土豆泥

FRIED TOMATO WITH EGG

木须柿子

FRIED SWEET BEAN WITH SHRIMP

虾仁炒甜豆

FRIED MUSHROOM WITH CAPSICUM

干煸杏鲍菇

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

DIM SUM

馒头

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 WITH SEAFOOD

凉拌海鲜苦苣沙拉

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 BAK CHOY WITH MUSHROOM

香菇炒菜心

STEWED BEANCURD WITH PAKCHOI

小白菜炖豆腐

FRIED EGG WITH BITTER MELON

苦瓜煎蛋

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

虾仁炝芹菜

BEEF AND VEGETABLE SALAD

牛肉蔬菜色拉

HOT DISHES

热菜

GRILLED LAMB CHOP WITH GREEN PEPPER SAUCE

煎羊排配绿胡椒汁

FRIED CABBAGE WITH CHICKEN

煎鸡柳配包心菜

FRIED BROCCOLI WITH GARLIC

蒜茸西兰花

STEWED VEGETABLE AND CORN WITH SWEET AND SOUR SAUCE

蔬菜烩玉米配酸甜汁

FRIED PORK WITH EGG

木须肉

ROASTED BEEF

韩式烤牛肉

STEWED RICE WITH BACON AND MUSHROOM

培根蘑菇烩饭

ROASTED SQUID BALLS BOILED CORN

烤墨鱼丸

煮玉米

DIM SUM

花卷

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

PORK SAUSAGE SALAD WITH OLIVES

猪肉肠沙拉配橄榄

KIMCHI

辣白菜

TUNA SALAD

金枪鱼沙拉

HOT DISHES

热菜

GRILLED BEEF WITH BLACK PEPPER SAUCE

煎西冷牛排配黑椒汁

BOILED VEGETABLE WITH BUTTER

黄油煮时蔬

FRIED BEANCURD STICK WITH PORK

烟熏五花肉炒腐竹

FRIED POTATO WITH CHINESE SAUSAGE

腊肠炒土豆片

FRIED VEGETABLE WITH EGG

蔬菜炒蛋配海鲜酱油和胡椒

STEWED CHICKEN WING WITH COKE

可乐鸡翅

FRIED RICE WITH HAM AND VEGETABLE

扬州炒饭

DEEP-FRIED CHICKEN CRISP MILK

炸鸡块

炸椰奶

DIM SUM

豆沙包

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

MUSHROOM SALAD WITH BLACK PEPPER

黑椒蘑菇色拉

ROAST CHICKEN AND ASPARAGUS SALAD

鸡肉芦笋色拉

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 CARROT WITH BEEF SAUSAGE

牛肉肠炒胡萝卜

FRIED INDIAN LETTUCE WITH FISH AND BLACK BEAN

豆鼓鲮鱼油麦菜

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
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

CHICKEN SALAD WITH PESTRO

烟熏鸡胸沙拉配紫苏酱

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

DEEP-FRIED FISH

英式炸鱼

FRIED BEAN CURD WITH CARROT

胡萝卜炒豆腐干

FRIED VEGETABLE WITH MINT SAUCE

薄荷酱炒时蔬

BAKED PUMPKIN WITH NUT AND CHEESE

果仁芝士焗南瓜

STEAMED PORK RIB AND BEANCARD WITH BLACK BEAN SAUCE

鼓汁蒸排骨豆腐

ROASTED SAUSAGE

烤肠

STEWED RICE WITH PORK AND VEGETABLE

猪肉青菜烩饭

BOILED DUMPLING FRENCH FRIES

水饺

薯条

DIM SUM

馒头

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

GRILED CHICKEN

煎卡真鸡排

STEWED FRENCA BEAN WITH PORK RIB

排骨炖豆角

FRIED MUSHROOM WITH PAKCHOI

酱爆草菇小白菜

CORN SOUP WITH CREAM

奶油玉米浓汤

LAMB RADISH SOUP

羊肉萝卜粉丝汤

FRIED RICE AND SEAFOOD WITH 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

ROASTED APPIE SALAD

烤苹果沙拉

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

培根茄汁土豆饺

STEWED VEGETABLE WITH BEAN

豆子烩蔬菜

STEAMED BABY CABBAGE WITH SEAFOOD

清蒸海鲜娃娃菜

STEWED SAUERKRAUT WITH SMOKED PORK

烟熏猪柳配酸菜

FRIED BEEF WITH ASPARAGUS

牛柳炒芦笋

FRIED RICE WITH EGG

蛋炒饭

DEEP-FRIED CHICKEN WINGS CORN PAN CAKE

炸鸡翅

煎玉米饼

DIM SUM

花卷

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

GRILED BEEF TENDERLOIN WITH BLACK PEPPER SAUCE

煎牛柳配黑椒汁

STEWED EGGPLANT IN SOY SOUCE

酱茄子

BOILED CARROT

水煮胡萝卜

FRIED WINTER MELON WITH SHRIMP

虾仁烧冬瓜

STEWED POTATO WITH PORK BALL

猪肉丸烩土豆

DEEF-FRIED CHICKEN WITH HONEY

炸蜂蜜鸡腿

FRIED RICE WITH HAM AND VEGETABLE

火腿蔬菜炒饭

CHICKEN SHASHLIK \DEEP-FRIED BANANA

烤鸡肉串 炸香蕉

DIM SUM

豆沙包

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

SPINACH SALAD WITH BACON

培根菠菜沙拉

ICEBERG LETTUCE SALAD WITH SHRIMP

虾仁生菜沙拉

STRAWBERRY AND BANANA SALAD WITH YOGURT DRESSING

草莓香蕉酸奶沙拉

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

STEWED CHICKEN WITH TOMATO

番茄烩鸡

FRIED SPRING ONION AND EDIBLE TREE FUNGUS WITH SQUID

小葱木耳炒鱿鱼

FRIED VEGETABLE WITH BUTTER

黄油炒时蔬

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