

# Canteen' s Weekly Menu

星期一 Monday 10月16日	
<b>中餐</b>	香煎欧芹鸡排 Pan-Fried Parsley & Chicken with Butter 珍珠肉圆 Glutinous Rice Ball Stuffed with Meat 手撕包菜 Sauteed cabbage with pork 香菇青菜 Stir-Fried Black Mushroom & Vegetable 菌菇蛋汤 Mushroom and egg soup
<b>特色餐</b>	红烧牛肉饭 Rice with Braised Beef    咖喱鸡肉饭 Rice with Curry Chicken 黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper 石锅拌饭 Mixed Rice in Hot Stone Pot 素食餐 vegetarian
<b>快餐</b>	牛肉汉堡 Beefburger    照烧鸡腿汉堡 Grilled Chicken Leg Burger 意大利腊肠披萨 Pepperoni Pizza    鸡肉披萨 Chicken Pizza 红烧狮子头面 Noodles with Stewed Pork Balls
星期二 Tuesday 10月17日	
<b>主菜</b>	黄金牛肉卷 Golden Beef Roll 糖醋排骨 Stewed Pork Rib with Sugar & Vinegar 地三鲜 Stir-Fried Three Different Vegetables 蒜泥空心菜 Water Spinach with Minced Garlic 虾皮紫菜汤 Dried Small Shrimp & Seaweed Soup
<b>特色餐</b>	红烧牛肉饭 Rice with Braised Beef    咖喱鸡肉饭 Rice with Curry Chicken 黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper 石锅拌饭 Mixed Rice in Hot Stone Pot 素食餐 vegetarian
<b>快餐</b>	牛肉汉堡 Beefburger    照烧鸡腿汉堡 Grilled Chicken Leg Burger 意大利腊肠披萨 Pepperoni Pizza    鸡肉披萨 Chicken Pizza 宫保鸡丁面 Noodles with Diced Chicken
星期三 Wednesday 10月18日	
<b>主菜</b>	椒盐九肚鱼 Bombay Duck with Spiced Salt 台式三杯鸡 Stewed Chicken with Three Cups of Sauce, Taiwan Style 甜椒毛豆肉丝 Sauteed pepper with bean and pork 清炒广东菜心 Plain-Fried Guangdong Cabbage 番茄鸡蛋汤 Tomato and egg soup
<b>特色餐</b>	红烧牛肉饭 Rice with Braised Beef    咖喱鸡肉饭 Rice with Curry Chicken 黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper 石锅拌饭 Mixed Rice in Hot Stone Pot 素食餐 vegetarian
<b>餐快</b>	牛肉汉堡 Beefburger    照烧鸡腿汉堡 Grilled Chicken Leg Burger

意大利腊肠披萨 Pepperoni Pizza 鸡肉披萨 Chicken Pizza  
 红烧牛肉面 Noodles with Braised Beef

**星期四 Thursday 10月19日**

主菜	蚝油牛肉 Oyster Beef 椒盐鲜鱿 Fresh Squid with Salt & Pepper
	虾仁豆腐 Stir-Fried Bean Curd with Shrimp Meat 清炒油麦菜 Plain-Fried Leaf Lettuce 南瓜鸡汤 Chicken Broth with Pumpkin
特色餐	红烧牛肉饭 Rice with Braised Beef 咖喱鸡肉饭 Rice with Curry Chicken 黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper 石锅拌饭 Mixed Rice in Hot Stone Pot 素食餐 vegetarian
快餐	牛肉汉堡 Beefburger 照烧鸡腿汉堡 Grilled Chicken Leg Burger 意大利腊肠披萨 Pepperoni Pizza 鸡肉披萨 Chicken Pizza 红烧大肉面 Noodles with Braised Pork

**星期五 Friday 10月20日**

主菜	荷香糯米鸡 Steamed Chicken with Rice in Lotus Leaf 菠萝咕咾肉 Sweet & Sour Pork with Pineapple 肉末粉丝 Stir-Fried Silk Noodles with Minced Pork 清炒鸡毛菜 Plain-Fried Chinese Little Greens 小排冬瓜汤 Pork Rib & White Gourd Soup
	红烧牛肉饭 Rice with Braised Beef 咖喱鸡肉饭 Rice with Curry Chicken 黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper 石锅拌饭 Mixed Rice in Hot Stone Pot 素食餐 vegetarian
快餐	牛肉汉堡 Beefburger 照烧鸡腿汉堡 Grilled Chicken Leg Burger 意大利腊肠披萨 Pepperoni Pizza 鸡肉披萨 Chicken Pizza 红烧鸡腿面 Noodles with Braised Chicken Leg