

# Canteen's Weekly Menu

星期一 Monday 11月27日	
<b>中餐</b>	美式烤鸡 Roasted Chicken, American Style 虾仁滑蛋 Scrambled Egg with Shrimp Meat 孜然土豆块 Potato with Cumin 白灼芥兰 Poached Chinese Broccoli 海带排骨汤 Kelp & Spare Rib Soup
<b>特色餐</b>	芝士焗饭 Braised Rice with Cheese 石锅拌饭 Mixed Rice in Hot Stone Pot 黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper 日式乌冬面 Stir-Fried Udon Noodles 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 红烧大肉面 Noodles with Braised Pork
星期二 Tuesday 11月28日	
<b>主菜</b>	法式烩牛肉 Braised Beef Brisket, French Style 椒盐基围虾 Salt & Pepper Shrimp 秋葵木耳炒蛋 Stir-Fried Egg with Gumbo & Black Fungus 清炒菠菜 Plain-Fried Spinach 菌菇蛋花汤 Mushroom and egg soup
<b>特色餐</b>	芝士焗饭 Braised Rice with Cheese 石锅拌饭 Mixed Rice in Hot Stone Pot 黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper 日式乌冬面 Stir-Fried Udon Noodles 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 红烧大排面 Noodles with Braised Pork Chop
星期三 Wednesday 11月29日	
<b>主菜</b>	日式炸鸡翅 Deep-Fried Chicken Wing, Japanese Style 蜜汁叉烧 The Secret barbecued pork 豆角肉丝 Stir-Fried shredded pork with long bean 清炒鸡毛菜 Plain-Fried Chinese Little Greens 咸肉冬瓜汤 Salted Pork & White Gourd Soup
<b>特色餐</b>	芝士焗饭 Braised Rice with Cheese 石锅拌饭 Mixed Rice in Hot Stone Pot 黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper 日式乌冬面 Stir-Fried Udon Noodles 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 11月30日**

主菜

黄焖牛肉 Braised beef with mushroom  
香酥鸭 Crispy Deep-Fried Duck

西芹百合 Stir-Fried Celery with Lily  
青椒土豆丝 Sauteed potato with green pepper  
萝卜小排汤 Turnip & Spare Rib Soup

特色餐

芝士焗饭 Braised Rice with Cheese 石锅拌饭 Mixed Rice in Hot Stone Pot  
黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper  
日式乌冬面 Stir-Fried Udon Noodles  
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  
红烧狮子头面 Noodles with Stewed Pork Balls

**星期五 Friday 12月01日**

主菜

豉汁蒸排骨 Steamed Spare Ribs in Black Bean Sauce  
干煎带鱼 Pan-Fried Hairtail  
干锅茶树菇 Griddle Cooked Tea Tree Mushrooms  
清炒广东菜心 Plain-Fried Guangdong Cabbage  
番茄鸡蛋汤 Tomato & Egg Soup

特色餐

芝士焗饭 Braised Rice with Cheese 石锅拌饭 Mixed Rice in Hot Stone Pot  
黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper  
日式乌冬面 Stir-Fried Udon Noodles  
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  
酱鸭面 Noodles with Seasoned Duck Leg