

# Canteen' s Weekly Menu

星期一 Monday 12月04日	
<b>中餐</b>	糯米蒸排骨 Steamed Pork Rib with Glutinous Rice 奥尔良烤翅 New Orleans Roast Wing 刀豆土豆 Sauteed cowpea with potato 蒜泥西兰花 Plain-Fried Broccoli 番茄土豆排骨汤 Tomato, Potato & 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 蚝油牛肉面 Beef Noodles with Oyster Sauce
星期二 Tuesday 12月05日	
<b>主菜</b>	咖喱牛肉 Fried Beef with Curry 广式烤鸭 Guangdong-Style Roast Duck 油焖茭白 Oil Braised Wild Rice Shoot 清炒广东菜心 Plain-Fried Guangdong Cabbage 黄豆猪脚汤 Soybean & Pig's Knuckle 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 红烧鸡腿面 Noodles with Braised Chicken Leg
星期三 Wednesday 12月06日	
<b>主菜</b>	台式三杯鸡 Stewed Chicken with Three Cups of Sauce, Taiwan Style 香煎龙利鱼 Pan-Fried Sole Fish 蛤蜊炖蛋 Stewed Egg with Clam 清炒菠菜 Plain-Fried Spinach 山药排骨汤 Chinese Yam & 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>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  
八宝肉丁面 Noodles with Diced Pork

**星期四 Thursday 12月07日**

主菜	糖醋排骨 Stewed Pork Rib with Sugar & Vinegar 酱爆鱿鱼 Stir-Fried Squid with Bean Paste Sauce 大白菜香菇肉丝 Sauteed cabbage with pork and mushroom 香菇青菜 Stir-Fried Black Mushroom & Vegetable 虾皮冬瓜汤 winter melon and dry shrimp 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 Braised Pork Chop

**星期五 Friday 12月08日**

主菜	彩椒牛肉 Sauteed beef with mixed pepper 培根香肠卷 Bacon & Sausage Roll 家常豆腐 Sauteed Tofu Home style 清炒杭白菜 Plain-Fried Chinese 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 红烧大排面 Noodles with Braised Pork Chop