

Canteen' s Weekly Menu

星期一 Monday 3月19日	
中餐	可乐鸡翅 Coca cola chicken wings 糯米蒸排骨 Steamed Pork Rib with Glutinous Rice
	青椒土豆丝 Sauteed potato with green pepper 杭白菜面筋 Sauteed green vegetable with oil gluten 荠菜豆腐羹 Bean curd and green vegetable soup
特色餐	咖喱鸡肉饭 Rice with Curry Chicken 卤肉饭 Rice with Stewed Pork 韩式炒年糕 Korean-Style Fried Rice Cake 黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper
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 云南米线 Yunnan rice noodle
星期二 Tuesday 3月20日	
主菜	茄汁虾球 Braised shrimp with tomato sauce 黄焖牛肉 Braised beef with mushroom
	地三鲜 Stir-Fried Three Different Vegetables 香菇青菜 Stir-Fried Black Mushroom & Vegetable 萝卜小排汤 萝卜排骨汤 Turnip & Spare Rib Soup
特色餐	咖喱鸡肉饭 Rice with Curry Chicken 卤肉饭 Rice with Stewed Pork 韩式炒年糕 Korean-Style Fried Rice Cake 黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper
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 云南米线 Yunnan rice noodle
星期三 Wednesday 3月21日	
主菜	目鱼红烧肉 Braised cuttle fish with pork 香酥鸭 Crispy Deep-Fried Duck
	鱼香肉丝 Fish-Flavored Shredded Pork 清炒菠菜 Plain-Fried Spinach 番茄鸡蛋汤 Tomato & Egg Soup
特色餐	咖喱鸡肉饭 Rice with Curry Chicken 卤肉饭 Rice with Stewed Pork 韩式炒年糕 Korean-Style Fried Rice Cake 黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper
餐 快	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 云南米线 Yunnan rice noodle
星期四 Thursday 3 月 22 日	
主菜	沙茶牛肉 Satay Beef
	椒盐鸡柳 Deep-fried chicken with spicy
	卷心菜炒素 Sauteed mixed vegetable
	清炒生菜 Stir-Fried Lettuce with Oyster Sauce
特色餐	紫菜蛋汤 Seaweed and egg soup
	咖喱鸡肉饭 Rice with Curry Chicken
	卤肉饭 Rice with Stewed Pork
	韩式炒年糕 Korean-Style Fried Rice Cake
快餐	黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper
	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
	云南米线 Yunnan rice noodle
星期五 Friday 3 月 23 日	
主菜	红烧猪蹄 Braised Pork Trotter in Brown Sauce
	避风塘基围虾 Shrimp with Hon Kong Style
	五香素鸡 Braised dry bean curd with soya sauce
	清炒广东菜心 Plain-Fried Guangdong Cabbage
特色餐	咸肉冬瓜汤 Salted Pork & White Gourd Soup
	咖喱鸡肉饭 Rice with Curry Chicken
	卤肉饭 Rice with Stewed Pork
	韩式炒年糕 Korean-Style Fried Rice Cake
快餐	黑椒牛柳意面 Fried Spaghetti with Beef Filet & Black Pepper
	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
	云南米线 Yunnan rice noodle