

Items		Mon	Tue	Wed	Thu	Fri
西式汤 Western Soup	名称Name	奶油胡萝卜汤 Cream Carrot Soup	大酱汤 Miso Soup	西式番茄汤 Cream Tomato Soup	奶油南瓜汤 Cream Pumpkin Soup	俄罗斯红菜汤 Borsch
	配料Ingredients	奶油 胡萝卜 Cream Carrot	白萝卜 Radish	番茄 奶油 Tomato Cream	奶油 南瓜 Cream Pumpkin	番茄 圆白菜 胡萝卜 Tomato Cabbage Carrot
中式汤 Chinese Soup	名称Name	翡翠白玉汤 Vegetable and Tofu Soup	紫菜蛋花汤 Egg and Seaweed Soup	青菜粉丝汤 Vegetable and Vermicelli Soup	西湖豆腐羹 Stewed Assorted Tofu Soup	什锦粟米羹 Sweet Corn Soup and Vegetable
	配料Ingredients	蔬菜 豆腐 Vegetable Tofu	鸡蛋 紫菜 Egg Seaweed	蔬菜 粉丝 Vegetable Vermicelli	豆腐 鸡蛋 Tofu Egg	玉米 蔬菜 Corn Vegetable
西式套餐 Western Set Menu	名称Name	铁板烧肉 Teppanyaki pork	红番茄牛肉 Stewed Beef with Tomato	奶油焗鸡胸 French Chicken Fricassee	扒猪肉配蘑菇汁 Grilled Pork with Mushroom Sauce	焖牛肉土豆泥 Braised Beef Mashed Potatoes
	配料Ingredients	猪肉 胡萝卜 芹菜 洋葱 Lamb Carrot Celery Onion	牛肉 土豆 番茄 Beef Potato Tomato	鸡肉 番薯 Chicken Sweet Potato	猪肉 洋葱 菜花 Pork Onion Cauliflower	牛肉 土豆 洋葱 Beef Potato Onion
中式套餐 Chinese Set Menu	名称Name	珍菌蒸鲷鱼 Steamed Fish with Mushrooms	酱爆三丁 Stewed Pork Cubes in Brown Sauce	鼎湖猪肉 Stewed Pork with Mixed Veggies	柱侯萝卜牛腩 Braised Beef with Radish	粤式菠萝炒猪肉 Cantonese Braised Pork
	配料Ingredients	鱼 莴笋 蘑菇 Fish Lettuce Mushroom	猪肉 冬笋 胡萝卜 Pork winter bamboo shoots Carrot	猪肉 西芹 胡萝卜 蘑菇 Pork Celery Carrot Mushroom	牛肉 白萝卜 Beef Radish	猪肉 笋 西兰花 菠萝 Pork Bamboo Shoots Broccoli Pineapple
蛋白质 素食选择 Vegetarian	名称Name	五彩滑蛋 Poached Eggs with Mixed Vegetable	芹菜炒豆泡 Stir-fried Celery with Bean Puff	青瓜炒鸡蛋 Stir-fried Eggs with Cucumber	豉汁烧豆腐 Stir-fried Tofu with soy Sauce	番茄炒蛋 Fried Eggs with Tomatoes
	配料Ingredients	彩椒 鸡蛋 黄瓜 藕 茄子 Bell Pepper Egg Cucumber Lotus root Eggplant	芹菜 豆泡 Celery Bean Puff	黄瓜 鸡蛋 Cucumber Egg	豆腐 Tofu	鸡蛋 番茄 Eggs Tomatoes
蔬菜 Vegetable	名称Name	白灼菜心 Poached Bok Choy	炆炒卷心菜 Stir-fried Cabbage	炆炒土豆丝 Stir-Fried Potato	醋溜白菜 Cabbage in Sour Sauce	豉油汁小唐菜 Poached Bok Choy in Black Bean Sauce
	配料Ingredients	菜心 Bok Choy	卷心菜 Cabbage	土豆 Potato	白菜 Cabbage	小唐菜 Bok Choy
淀粉类Starch	名称Name	奶香小馒头 Steamed Bun	蒸红薯 Steamed Sweet Potato	家常饼 Pancake	黄油面包 Butter Bread	紫米饭 Steamed Black Rice
米饭Rice	名称Name	白米饭 Steamed Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	白米饭 Steamed Rice
饮料Beverage	饮料Beverage	酸奶/牛奶Yoghurt / Milk	酸奶/牛奶Yoghurt / Milk	酸奶/牛奶Yoghurt / Milk	酸奶/牛奶Yoghurt / Milk	酸奶/牛奶Yoghurt / Milk
水果Fruit	水果Fruit	苹果/香蕉/橘子/香梨/圣女果 Apple/Banana/Orange/Pear/Cherry Tomatoes				
甜点Dessert	甜点Dessert				面包/饼干/香蕉包/南瓜包/蛋糕 Bread/Cookies/Banana Bun/Pumpkin bun/Cake	



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西式汤 Western Soup	名称Name	日式豆腐汤 Japanese Tofu Miso Soup	土豆奶油汤 Cream Potato Soup			
	配料Ingredients	豆腐 Tofu	土豆 奶油 洋葱 Potato Cream Onion			
中式汤 Chinese Soup	名称Name	蔬菜汤 Vegetable Soup	青瓜紫菜蛋花汤 Egg and Seaweed Soup with Cucumber			
	配料Ingredients	Vegetable 蔬菜	黄瓜 鸡蛋 紫菜 Cucumber Egg Seaweed			
西式套餐 Western Set Menu	名称Name	和风烧牛肉丸 Beef Balls Yakiniku	法式杂菌炖鸡 Chicken Fricassée			
	配料Ingredients	牛肉丸 胡萝卜 Beef Balls Carrot	鸡肉 什菌 洋葱 Chicken Mushroom Onion			
中式套餐 Chinese Set Menu	名称Name	椰菜猪肉炒粉丝 Stir-fried Pork with Vermicelli and Cabbage	彩椒炒猪肉 Stir-fried Pork and Bell Pepper			
	配料Ingredients	猪肉 粉丝 卷心菜 Pork Vermicelli Cabbage	猪肉 洋葱 彩椒 Pork Onion Bell Pepper			
蛋白质 素食选择 Vegetarian	名称Name	油菜炒鸡蛋 Stir-fried Bok Choy and Eggs	芹菜炒熏干 Stir-fried Celery with Smoked Bean Curd			
	配料Ingredients	青菜 鸡蛋 Vegetable Egg	芹菜 熏干 Celery Smoked Bean Curd			
蔬菜 Vegetable	名称 Name	豉油娃娃菜 Sauteed Baby Cabbage in Soy Sauce	白菜烧粉条 Fried Cabbage with Vermicelli			
	配料 Ingredients	娃娃菜 Baby Cabbage	白菜 粉条 Cabbage Vermicelli			
淀粉类Starch	名称Name	奶香小馒头 Steamed Bun	杂粮饭 Steamed Multi-grain Rice			
米饭Rice	名称Name	白米饭 Steamed Rice	白米饭 Steamed Rice			
饮料Beverage	饮料Beverage	酸奶/牛奶Yoghurt / Milk	酸奶/牛奶Yoghurt / Milk			
水果Fruit	水果Fruit	苹果/香蕉/橘子/香梨/圣女果 Apple/Banana/Orange/Pear/Cherry Tomatoes				
甜点 Dessert	甜点 Dessert			面包/饼干/香蕉包/南瓜包/蛋糕 Bread/Cookies/Banana Bun/Pumpkin bun/Cake		