

			Thursday 星期四	Friday 星期五	Saturday 星期六
			10/1 Bean with mixed vegetable or beef meatballs, French fries, Mustard greens, kiwi, juice 蔬菜杂豆或牛肉丸, 薯条, 大芥菜, 猕猴桃, 果汁	10/2 Cooked shrimp, baked beans, sliced carrots w/green beans, orange, juice 烤虾, 炖豆, 胡萝卜四季豆, 橙, 果汁	10/3 Baked chicken patty, broccoli/cauliflower, orange, juice 中餐: 烤鸡肉饼, 西芥兰/花椰菜, 橙, 果汁 Alternative: Lentil / masoor dal soup, basmati / chapati, mustard greed with tomato, raita yogurt 印度餐: 豆蔬浓汤, 糙米饭, 全麦饼, 芥菜烧西红柿, 酸奶切片黄瓜
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
10/5 Tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁	10/6 Baked salmon fillet, sweet corn, green cabbage, banana, juice 烤三文鱼, 高丽菜, 甜玉米, 香蕉, 果汁	10/7 Oven fried chicken wing, baked beans, broccoli, apple, juice 烤鸡翅, 炖豆, 西兰花, 苹果, 果汁	10/8 Tuna and chickpea salad or baked breaded chicken cutlet, French fries, mustard greens, kiwi, juice 金枪鱼和鹰嘴豆沙拉 或烤鸡排, 薯条, 大芥菜, 猕猴桃, 果汁	10/9 BBQ pulled pork, macaroni, carrots with green beans, orange, juice 西式烤肉, 通心粉, 胡萝卜四季豆, 橙, 果汁	10/10 Baked breaded fish, broccoli/cauliflower, orange, juice 中餐: 烤鱼饼, 西芥兰/花椰菜, 橙, 果汁 Alternative: Lentil / masoor dal soup, basmati / chapati, mustard greed with tomato, raita yogurt 印度餐: 豆蔬浓汤, 糙米饭, 全麦饼, 芥菜烧西红柿, 酸奶切片黄瓜
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
10/12 Baked vegetable burger or tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼 或 豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁	10/13 Baked mushroom chicken, baked potato, green cabbage, banana, juice 香菇鸡腿, 烤土豆, 高丽菜, 香蕉, 果汁	10/14 Chinese style roast pork, baked beans, broccoli, apple, juice 叉烧, 炖豆, 西兰花, 苹果, 果汁	10/15 Cheesy whole wheat quesadillas with black beans or Turkey burger, mustard greens, French fries, kiwi, juice 黑豆芝士饼或火鸡肉饼, 大芥菜, 薯条, 猕猴桃, 果汁	10/16 Baked fish fillet, sweet corn, carrots with green beans, orange, juice 烤鱼排, 甜玉米, 胡萝卜四季豆, 橙, 果汁	10/17 Tuna fish salad, broccoli, orange, juice 中餐: 金枪鱼沙拉, 西芥兰, 橙, 果汁 Alternative: Lentil / masoor dal soup, basmati / chapati, cauliflower w/ tomato, raita yogurt 印度餐: 豆蔬浓汤, 糙米饭, 全麦饼, 花菜烧西红柿, 酸奶切片黄瓜

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
10/19 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	10/20 Baked fish patty, spaghetti, green cabbage, banana, juice 烤鱼饼, 高丽菜, 炒意面, 香蕉, 果汁	10/21 Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, juice 鲑鱼肉饼, 玉米, 西兰花, 苹果, 果汁	10/22 Chickpea of the sea tuna salad or baked Korean chicken wing, French fries, mustard greens, kiwi, juice 金枪鱼和鹰嘴豆沙拉, 烤鸡翅, 薯条, 大芥菜, 猕猴桃, 果汁	10/23 Pork chops, mashed potato, green beans, orange, juice 烤猪扒, 土豆泥, 四季豆, 橘, 果汁	10/24 Turkey burger, orange, broccoli, juice 中餐: 烤火鸡肉饼, 西芥兰, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt 印度餐: 豆蔻浓汤, 糙米饭, 全麦饼, 花菜烧西红柿, 酸奶切片黄瓜
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Special Events 特别活动	Special Events 特别活动	Special Events 特别活动
10/26 Eggplant parmesan, baked sweet potato, bok choy, orange, juice 烤茄饼, 烤地瓜, 大白菜, 橙, 果汁	10/27 BBQ chicken, baked potato, green cabbage, banana, juice 烤鸡腿, 高丽菜, 烤土豆, 香蕉, 果汁	10/28 Whole wheat cheese pizza, baked beans, broccoli, apple, juice 比萨饼, 炖豆, 西兰花, 苹果, 果汁	10/29 Baked vegetable burger or beef meatballs, French fries, mustard greens, kiwi, juice 烤蔬菜饼 或 牛肉丸, 薯条, 大芥菜, 猕猴桃, 果汁	10/30 Baked breaded shrimp, sweet corn, carrots with green beans, orange, juice 烤虾, 甜玉米, 胡萝卜四季豆, 橙, 果汁	10/30 Chicken patty, broccoli/cauliflower, orange, juice 中餐: 烤鸡肉饼, 西芥兰 / 花椰菜, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati /chapati, mustard green with tomato, raita yogurt 印度餐: 豆蔻浓汤, 糙米饭, 全麦饼, 芥菜烧西红柿, 酸奶切片黄瓜
Monday 星期一	Special Events 特别活动	Special Events 特别活动	Special Events 特别活动	Special Events 特别活动	Special Events 特别活动
11/2 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁					

The menu is subject to change by the Chef. 菜单有时会做略微调整