

Daily Lunch Menu

	Dish 1	Dish 2	Dish 3	Dish 4
DAY 1	Steamed Chicken with Cloud Fungus 云耳蒸鸡	Seasonal Green Vegetables 当季青菜	Fried Shiitake Mushrooms 炒什菇	Sichuan Vegetable Soup 四川菜汤
DAY 2	Honey Chicken Wings 蜜汁鸡翅		Stink Bean Minced Meat 臭豆肉碎	Black Bean Soup 黑豆汤
DAY 3	Steamed Meatloaf with Winter Vegetables 冬菜蒸肉饼		Scrambled Eggs With Chives 韭菜炒蛋	Radish Soup 老黄瓜排骨汤
DAY 4	Thai Grilled Chicken Chop 泰式烧鸡扒		Fried Potatoes with Three Peppers 三椒炒马铃薯	Winter Melon Soup 冬瓜汤
DAY 5	Grilled Salmon with Black Pepper 黑椒烤三文鱼		Minced Meat Tofu 肉碎豆腐	Lotus Root Soup 莲藕汤
DAY 6	Fried Three-layer Meat With Peanuts 花生炒三层肉		Thai Style Tofu 泰式豆腐	Arrowroot's Pork Rib Soup 粉藕汤
DAY 7	Fried Chicken with Mushrooms 冬菇炒鸡		Fried Tofu With Chinese Sausage 腊肠炒豆腐	Bak Kut Teh 肉骨茶
DAY 8	Chili Shrimp 辣椒虾		Stir-fried Minced Pork with Tempeh 豆豉炒肉碎	ABC Soup ABC 汤
DAY 9	Pork Ribs King 排骨王		Steamed Egg with Minced Meat 肉碎蒸蛋	Watercress soup 西洋菜汤
DAY 10	Stripped duck 纹鸭		Superior Broth Lala 上汤啦啦	Peanut Soup 花生汤
DAY 11	Marinated Fried Pork 南乳炒肉		Seafood tofu 海鲜豆腐	Herbal Chicken Soup 药材鸡汤
DAY 12	Beauty Steamed Chicken 美容蒸鸡		Fried Dried Tofu with Chinese Sausage and Garlic 腊肠大蒜炒豆干	Radish Soup 白萝卜汤
DAY 13	Curry Pork Chop 咖喱猪扒		Fried Shrimp with Celery 西芹炒虾仁	Pepper Pork Belly Soup 胡椒猪肚汤
DAY 14	Teochew Steamed Fish 潮州蒸鱼		Scrambled Eggs With Green Onions 大葱炒蛋	Sichuan Vegetable Soup 四川菜汤
DAY 15	Pork Trotter Vinegar 猪脚醋		Tofu with Crab Meat 蟹肉炒豆腐	Bak Kut Teh 肉骨茶
DAY 16	Teriyaki Salmon 日式烧三文鱼		Fried Potatoes with Minced Meat 肉碎炒马铃薯	Black Bean Soup 黑豆汤
DAY 17	Grilled Chicken with Honey Sauce 蜜汁叉烧鸡		Minced Meat Tofu 肉碎豆腐	Winter Melon Soup 冬瓜汤
DAY 18	Stir-fried Shredded Pork with Sichuan Cuisine 四川菜炒肉丝		Three Emperors Steamed Egg 三星蒸蛋	Lotus Root Soup 莲藕汤
DAY 19	Stir-fried Pork Knuckles with Peanuts 花生炒猪脚		Cereal Shrimp 麦片虾	Snow Fungus Apple Soup 雪耳苹果汤
DAY 20	Cola Chicken Wings 可乐鸡翅		Ginger Steamed Meatloaf 姜丝蒸肉饼	Peanut Soup 花生汤
DAY 21	Stir-fried Three-Layered Pork with Tempeh 豆豉炒三层肉		Fried Dried Tofu with Celery 西芹炒豆干	Watercress Soup 西洋菜汤
DAY 22	Prawn Paste Chicken 虾酱鸡		Drunken Shrimp 醉酒虾	ABC Soup ABC 汤
DAY 23	Orange Sauce Fish 橙汁鱼		Steamed Tofu with Minced Pork and Vegetables 菜香肉碎蒸豆腐	Old Cucumber Soup 老黄瓜汤
DAY 24	Cream Cheese Shrimp 奶油芝士虾		Milk Hibiscus Egg 芙蓉蛋	Arrowroot's Pork Rib Soup 粉藕汤
DAY 25	Fried Pork Ribs with Tempeh and Bitter Gourd 豆豉苦瓜炒排骨		Mapo Tofu 麻辣豆腐	Sichuan Vegetable Soup 四川菜汤
DAY 26	Dark Beer Pork Chop 黑啤猪扒		Steamed Shrimp with Ginger 姜蓉蒸虾	Dry Vegetable Soup 菜干汤
DAY 27	Steamed Fish with Bean Paste 豆酱蒸鱼		Assorted tofu 什锦豆腐	Herbal Chicken Soup 药材鸡汤
DAY 28	Rice Wine Shrimp 黄酒虾		Pickled radish Steamed Egg 菜圃蒸蛋	Winter Melon Soup 冬瓜汤
DAY 29	Fried Three Layer Pork with Taro 芋头炒三层肉		Cream Sotong 奶油苏东	Bak Kut Teh 肉骨茶
DAY 30	Mongolian Sauce Fish Fillet 蒙古汁鱼片		Crab bites Scrambled Eggs 蟹粒炒蛋	Old Cucumber Soup 老黄瓜汤
DAY 31	Braised Chicken Wings 红烧鸡翅		Stir-fried Tofu with Vegetables 什菜炒豆腐	ABC Soup ABC 汤

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Daily Dinner Menu

	Dish 1	Dish 2	Dish 3	Dish 4
DAY 1	Pineapple Paleo Meat 凤梨古老肉	Seasonal Green Vegetables 当季青菜	Dry Fragrant La La 干香啦啦	Sichuan Vegetable Soup 四川菜汤
DAY 2	Ginger Onion Fish Fillet 姜葱鱼片		Salted Egg Sotong 咸蛋苏东	Black Bean Soup 黑豆汤
DAY 3	Assam Shrimp 亚参虾		Braised Tofu 红烧豆腐	Radish Soup 老黄瓜排骨汤
DAY 4	Stir-fried Three Layer Pork with Plum Vegetables 梅菜炒三层肉		Steamed Egg with Shiitake Mushroom 什菇蒸蛋	Winter Melon Soup 冬瓜汤
DAY 5	Salted Egg Steamed Meatloaf 咸蛋蒸肉饼		Honey Shrimp 蜜汁虾	Lotus Root Soup 莲藕汤
DAY 6	Herbal chicken 药材蒸鸡		Fried Duck with Three Peppers 三椒炒鸭肉	Arrowroot's Pork Rib Soup 粉藕汤
DAY 7	Sweet Sour Fish Fillet 酸甜鱼片		Scrambled Eggs With Beans 豆角炒蛋	Bak Kut Teh 肉骨茶
DAY 8	Curry Chicken Chop 咖喱鸡扒		Fried Tofu with Dwarf Gourd 矮瓜炒豆腐	ABC Soup ABC 汤
DAY 9	Steamed Fish Fillet with Assam 亚参蒸鱼片		Fried Gourd with Cloud Fungus 云耳炒金瓜	Watercress soup 西洋菜汤
DAY 10	Chicken Curry 咖喱鸡		Cereal Sotong 麦片苏东	Peanut Soup 花生汤
DAY 11	White Tom Yam Shrimp 白东炎虾		Osmanthus Scrambled Eggs 桂花炒蛋	Herbal Chicken Soup 药材鸡汤
DAY 12	Cereal Fish Fillet 麦片鱼片		Stir-fried Minced Pork 九层塔炒肉碎	Radish Soup 白萝卜汤
DAY 13	Teriyaki Pork Chop 日式焗猪扒		Stir-fried Tempeh with Mushrooms 冬菇炒豆豉	Pepper Pork Belly Soup 胡椒猪肚汤
DAY 14	Sesame Oil Chicken 麻油鸡		Superior Broth Shrimp 上汤虾	Sichuan Vegetable Soup 四川菜汤
DAY 15	Prawn paste fried Chicken Wings 虾酱炸鸡翅		Steamed Minced Pork with Plum Vegetables 梅菜蒸肉碎	Bak Kut Teh 肉骨茶
DAY 16	Taiwanese Fried Three Layer Pork 台式炒三层肉		Sambal Anchovies Eggs 叁崙江鱼仔鸡蛋	Black Bean Soup 黑豆汤
DAY 17	Ginger Onion Fish Fillet 姜葱鱼片		Salted Egg Shrimp 咸蛋虾	Winter Melon Soup 冬瓜汤
DAY 18	Salt Steamed Chicken 盐蒸鸡		Ginger Onion La La 姜葱啦啦	Lotus Root Soup 莲藕汤
DAY 19	Lemon Fillet 柠檬鱼片		Fried Tofu with Tempeh 豆豉炒豆腐	Snow Fungus Apple Soup 雪耳苹果汤
DAY 20	Tempeh Oil Shrimp 豆豉油虾		Scrambled Eggs 九层塔炒蛋	Peanut Soup 花生汤
DAY 21	Fried Duck with Bean Paste 豆酱炒鸭		Fried Potatoes with Beans in Tomato Sauce 茄汁豆炒薯仔	Watercress Soup 西洋菜汤
DAY 22	Hakka Fried Pork 客家炸肉		Steamed Egg with Crab Bites 蟹粒蒸蛋	ABC Soup ABC 汤
DAY 23	Honey Pork Chop 蜜汁猪扒		Braised Duck with Rose Dew 玫瑰露卤鸭	Old Cucumber Soup 老黄瓜汤
DAY 24	Steamed Chicken with Shaoxing Wine 绍酒蒸鸡		Stir-fried Minced Pork with Vegetables 菜香炒肉碎	Arrowroot's Pork Rib Soup 粉藕汤
DAY 25	Kung Pao Fish Fillet 宫保鱼片		Ginger Slices Lala 姜丝炒啦啦	Sichuan Vegetable Soup 四川菜汤
DAY 26	Lemon Chicken 柠檬鸡		Braised Tofu and Dried Eggs 卤豆干鸡蛋	Dry Vegetable Soup 菜干汤
DAY 27	Ginger Scallion Pork 姜葱肉片		Steamed Minced Chicken with Winter Vegetables 冬菜蒸鸡肉碎	Herbal Chicken Soup 药材鸡汤
DAY 28	Stir-fried Chicken with Mushrooms and Tempeh 海南鸡		Fried Dried Tofu with Celery 芹菜炒豆干	Winter Melon Soup 冬瓜汤
DAY 29	Braised Chicken with Bean Soy Sauce 豆豉油卤鸡		Spicy Lotus Root Stir Fry Mushroom 麻辣莲藕炒什	Bak Kut Teh 肉骨茶
DAY 30	Steamed Chicken with Plum Vegetables 梅菜蒸鸡		Tempeh La La 豆豉啦啦	Old Cucumber Soup 老黄瓜汤
DAY 31	Dongpo Three Layer Pork 东坡三层肉		Cereal Shrimp 麦片虾	ABC Soup ABC 汤

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