

Dish Menu 菜单

	Menu 菜谱	Materials used 用料
Main Dish 主食	Fire Tornado 火龙卷	Flour, sesame 面粉、芝麻
	Meat Dragon 肉龙	Flour, pork, scallion 面粉、猪肉、大葱
	Rice 米饭	Rice 稻米
Main Course 主菜	Stewed beef 炖牛肉	beef 牛肉
	Stir fried three Ding 炒三丁	Carrots, cucumbers, pork 胡萝卜、黄瓜、猪肉
	Tomato and egg 西红柿鸡蛋	Tomatoes, eggs 西红柿、鸡蛋
	Shredded cabbage 手撕包菜	cabbage 圆白菜
Soup 营养汤	Congee with mushrooms and lean meat 香菇瘦肉粥	Rice, lean meat, mushrooms, green vegetables 大米、瘦肉、香菇、青菜
Non-staple Food 副食	Yogurt or juice 酸奶或果汁	Yogurt or juice 酸奶或果汁

**Carrots,
potatoes,
green
peppers**