食材

1. 牛肉卷

牛肉（1000g） 牛油果 (3) 豆芽菜 (2 packs) 胡萝卜 (3)

1. 凉拌土豆丝

土豆 (5) 青椒 (2) 粉丝 (2 packs) 胡萝卜 (2)

1. 宫保鸡丁

鸡胸肉 (1000g) 花生 (1 pack) 大葱 (3 bundle)

1. 地三鲜

青椒 (4) 土豆 (6) 茄子 (3)

1. 大枣粥

大枣片 (1 pack) 大米 (1000g) 枸杞 (1 pack) 椰奶 (1 bottle)

1. 煎饺子

（1）.虾饺 （40枚）

 虾 (40-50) 蟹棒 (8 pack) 小葱 (5 bundles) 蘑菇 (500g) 猪肥肉 (500g)

（2）.素饺 （40枚）

 木耳 (100g) 鸡蛋 (5 eggs) 粉丝 (2 packs) 白菜 (1) 白芝麻 (1 pack)

1. 水果奶冻

草莓 (500g) 蓝莓 (200g) 牛奶 (2 bottles) 鸡蛋 (3 eggs)

Ingredients

1. Beef roll

Beef（1000g） avocado (3) Bean sprouts (2 packs) carrots (3)

1. Potato salad

potato (5) green pepper (2) rice noodles (2 packs) carrots (2)

1. Kongpao Chicken

Chicken breast (1000g) penuts (1 pack) green onion (3 bundle)

1. Vegan dishes

Green pepper (4) potato (6) eggplant (3)

1. jujube porridge

**jujube** (1 pack) B+J rice (1000g) **wolfberry (1 pack)** coco milk (1 bottle)

1. fried dumplings

（1）.shrimp dumplings （40）

 shrimp (40-50) crab stick (8 pack) green onion (5 bundles)

 mushroom (500g) pork fat(400g)

（2）.vegan dumplings （40枚）

 **Dry moonmushroom** (100g) egg (5 eggs) rice noodles(2 packs)

 cabbage (1) white sesame (1 pack)

1. Fruit milk jelly

Strawberry (500g) blueberry (200g) milk (2 bottles) egg (3 eggs)

**Sauce**

**Oil, soya sauce, salt. sugar, spicy, vinegar…**

**Drinks**

**Flower Chinese green tea**

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|  | Ingredients | Amount |
| 1 | Beef | 1000g |
| 2 | Chicken breast | 1000g |
| 3 | Shrimp | 40-50  |
| 4 | Crab stick | 8 packs |
| 5 | Prok fat | 400g |
| 6 | Egg | 8  |
| 7 | milk | 2L |
| 8 | Coco milk | 1L |
| 9 | Mushroom | 500g |
| 10 | Potato | 11 |
| 11 | Green pepper | 6 |
| 12 | Big green onion | 3 bundles |
| 13 | Small green onion | 5 bundles |
| 14 | Carrot | 5 |
| 15 | Rice noodle | 4 packs |
| 16 | eggplant | 3 |
| 17 | strawberry | 500g |
| 18 | Blueberry | 200g |
| 19 | Avocado  | 3 |
| 20 | Bean sprouts | 2 packs |
| 21 | cabbage | 1 |
| 22 | White sesame | 1 pack |
| 23 | penuts | 300g |
| 24 | rice | 1000g |