

WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while






Vegetarian



Seafood



Halal

STATION	MONDAY	TUESDAY	WEDNESDAY 3.1	THURSDAY 3.2	FRIDAY 3.3
Soup			Creamy Pumpkin Soup 奶油南瓜汤	Cucumber Egg Soup 黄瓜鸡蛋汤	Fish Ball Soup 七星鱼丸汤
G1-G2 Set Menu			Beef and Vegetable Pizza  牛肉蔬菜披萨 Scrambled Egg with Tomato  番茄炒蛋 Fungus and Celery 木耳芹菜 Steamed Mung Bean Rice 绿豆饭/白米饭	Sour Cream & Cheese Chicken 芝士酸奶油焗鸡 Sautéed Beef With Mushroom  杏鲍菇炒牛肉 Sautéed Cabbage 炒圆白菜 Steamed Rice 白米饭	Taste of Fu Jian 品味福建 Beijing Duck Roll 北京鸭肉卷 Fuding Pork Slices 福鼎猪肉片 Cabbage Stew with Glass Noodle 白菜炖粉条 Steamed Corn Rice 玉米饭/白米饭
Beverage	Milk/Yogurt/Juice 牛奶/酸奶/果汁				

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
594	23.0	68.9	26.2

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STATION	MONDAY 3.6	TUESDAY 3.7	WEDNESDAY 3.8	THURSDAY 3.9	FRIDAY 3.10
Soup	Russian Soup 罗宋汤	Chinese Cabbage Soup 白菜粉丝汤	Glutinous Rice Ball in Red Bean Soup 红豆沙小圆子	Tomato Egg Soup 番茄蛋汤	Winter Melon & Chicken Meatball Soup 冬瓜鸡丸汤
G1-G2 Set Menu	Insect Awakening (Jing Zhe)- 惊蛰 Fish Pasta with Cream Sauce 鱼肉奶油汁意面 Diced Chicken with Corn in Tomato Sauce 茄汁玉米鸡丁 Sautéed Bok Choy 清炒油菜 Steamed Red Bean Rice 红豆饭 / 白米饭	Hot Dog 热狗 Sautéed Fish with Mixed Vegetables 三鲜鱼丁 Wok-Fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Sweet Potato Rice 红薯饭/白米饭 Hanamaki 自制花卷	Swedish Beef Meatball 瑞典风味牛肉丸 Sautéed Zucchini with Egg 西葫芦炒蛋 Braised Taro with Scallion 红烧香葱芋头 Steamed Rice 米饭	Chicken Tortilla Wrap 墨西哥鸡肉卷 Beef Slice with Bamboo Shoots and Black Fungus 冬笋木耳炒牛肉 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Corn Rice 玉米饭/白米饭	Beef Burger 牛肉汉堡 Wok-Fried Pork with Soybean Paste 酱爆肉丁 (猪肉) Stir-Fried Cabbage 清炒白菜 Steamed Rice 米饭
Beverage	Milk/Yogurt/Juice 牛奶/酸奶/果汁				

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
500	25.0	66.1	16.1

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STATION	MONDAY 3.13	TUESDAY 3.14	WEDNESDAY 3.15	THURSDAY 3.16	FRIDAY 3.17
Soup	Seaweed & Egg Soup 紫菜蛋花汤	Pear Tremella Soup 银耳雪梨汤	Mixed Beef Soup 西湖牛肉羹	Tofu & Black Fungus Soup 黑木耳豆腐汤	Japanese Miso Soup 日式味噌汤
G1-G2 Set Menu	Curry Chicken 咖喱鸡 Shredded Pork with Garlic Sauce 鱼香肉丝 Sautéed Bok Choy 清炒油菜 Steamed Sweet Potato Rice 红薯饭 	BBQ Roasted Pork 烧烤猪梅肉 Kung Pao Chicken 宫保鸡丁 Sautéed Cabbage with Fungus 白菜木耳 Steamed Mung Bean Rice 绿豆米饭 Steamed Black Rice Bun 紫米小馒头 	 Beef & Cheese Panini 牛肉奶酪帕尼尼 Braised Tofu with Shrimp 虾仁烩豆腐  Sautéed Zucchini with Egg 西葫芦炒蛋 Steamed Rice 米饭 	Fish Pizza 鱼肉披萨  Braised Pork Meatballs with White Gourd 冬瓜烧猪肉丸子 Sautéed Cabbage 清炒圆白菜 Steamed Rice with Oats 杂粮饭 	Japan Food Festival 日本美食 Teriyaki Chicken 日式照烧鸡 Grilled Duck Breast 香煎鸭胸 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Corn Rice 玉米米饭 
Beverage	Milk/Yogurt/Juice 牛奶/酸奶/果汁				

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
527	29.1	48.7	21.6

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STATION	MONDAY 3.20	TUESDAY 3.21	WEDNESDAY 3.22	THURSDAY 3.23	FRIDAY 3.24
Soup	Minestrone Soup 意式蔬菜汤	Chicken & Corn Soup 鸡茸粟米羹	Cucumber Egg Soup 黄瓜鸡蛋汤	Korean Soybean Paste Stew 韩式大酱汤	Tomato Egg Soup 番茄鸡蛋汤
G1-G2 Set Menu	Hawaiian Chicken Pizza 夏威夷鸡肉披萨 Moo Shu Pork 猪肉木须 Braised Cabbage with Bean Curd 千张烧白菜 Steamed Red Bean Rice 红豆饭	Vernal Equinox (Chun Fen) – 春分 Roasted Pork Chop with Honey Sauce 蜜汁香草烤猪扒 Stir-fried Asparagus with Shrimp and Egg  虾仁鸡蛋炒青笋 Sautéed Spinach with Vermicelli 菠菜粉丝 Steamed Rice 白米饭 Steamed Sponge Cake 自制发糕 	 Beef Curry 咖喱牛肉 Braised Pork with Kelp 海带红烧肉 Cabbage Stew with Glass Noodle 白菜炖粉条 Steamed Rice 白米饭	Thai Roasted Fish 泰式烤鱼  Beef Slice with Onion and  Black Fungus 洋葱木耳炒牛肉 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Sweet Potato Rice 红薯饭/白米饭 	Tandoori Chicken 印度天多瑞鸡肉 Braised Fish with Mixed Vegetable  五彩鱼肉丁 Sautéed Bok Choy 清炒油菜 Steamed Rice 白米饭 
Beverage	Milk/Yogurt/Juice 牛奶/酸奶/果汁				

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
463	26.0	61.5	13.6

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STATION	MONDAY 3.27	TUESDAY 3.28	WEDNESDAY 3.29	THURSDAY 3.30	FRIDAY 3.31
Soup	Russian Soup 罗宋汤	Seaweed & Egg Soup 紫菜蛋花汤	Chinese Cabbage Soup 白菜粉丝汤	Tomato Egg Soup 番茄鸡蛋汤	Turnip and Seaweed Soup 海带萝卜汤
G1-G2 Set Menu	Fish Pasta with Tomato Sauce 鱼肉茄汁意面  Sauteed Pork with Mushrooms 杂菌炒猪肉片 Sautéed Bok Choy 清炒油菜 Steamed Red Bean Rice 红豆饭/白米饭 	Hot Dog 热狗 Braised Fish with Mushroom 蘑菇烧鱼  Wok-Fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Sweet Potato Rice 红薯饭/白米饭 Hanamaki 自制花卷 	Swedish Beef Meatball 瑞典风味牛肉丸  Scrambled Egg with Tomato 番茄炒蛋  Stir-fry Fungus and Celery 木耳芹菜 Steamed Rice 米饭 	Braised Pork Sausage 红烩猪肉肠  Braised Beef with Potato 土豆烧牛肉 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Corn Rice 玉米饭/白米饭 	Beef Burger 牛肉汉堡  stir-Fried Chicken with Vegetable 滑溜鸡片 Stir-Fried Cabbage 清炒白菜 Steamed Rice 米饭 
Beverage	Milk/Yogurt/Juice 牛奶/酸奶/果汁				

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
563	22.0	78.6	19.2