

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 |
|-----------------|--------|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Vegetable Stick | | | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 |
| 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 |
| Chinese | | |  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 Steamed Sponge Cake 自制发糕  |  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 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  |
| Western | | |  Braised Beef with Mushroom 法式蘑菇烩牛肉  | Chicken Burger 美式鸡肉汉堡  | BBQ Duck 烤鸭胸配烧烤汁  |

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) |
|-----------------|----------------|---------------|-----------|
| 417 | 19.3 | 49.9 | 16.7 |

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| STATION | MONDAY 3.6 | TUESDAY 3.7 | WEDNESDAY 3.8 | THURSDAY 3.9 | FRIDAY 3.10 |
|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Vegetable Stick | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 |
| 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 番茄鸡蛋汤 | Winter Melon & Chicken Meatball Soup 冬瓜鸡丸汤 |
| Chinese | Insect Awakening (Jing Zhe)- 惊蛰 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 | Sauteed 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 | Sautéed Zucchini with Egg 西葫芦炒蛋 Braised Taro with Scallion 红烧香葱芋头 Steamed Rice 米饭 Hanamaki 自制花卷 | 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 | Wok-Fried Pork with Soybean Paste 酱爆肉丁 (猪肉) Stir-Fried Cabbage 清炒白菜 Steamed Rice 米饭 |
| Western | Fish Pasta with Cream Sauce 鱼肉奶油汁意面 | Pork Panini 猪肉帕尼尼 | Swedish Beef Meatball 瑞典风味牛肉丸 | Thai Roasted Chicken 泰式烧鸡肉 | Beef Sandwich 牛肉三明治 |

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) |
|-----------------|----------------|---------------|-----------|
| 402 | 19.5 | 57.3 | 11.5 |

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| STATION | MONDAY 3.13 | TUESDAY 3.14 | WEDNESDAY 3.15 | THURSDAY 3.16 | FRIDAY 3.17 |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Vegetable Stick | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 |
| 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 |
| Chinese | Shredded Pork with Garlic Sauce 鱼香肉丝 Sautéed Bok Choy 清炒油菜 Steamed Sweet Potato Rice 红薯饭  | Kung Pao Chicken 宫保鸡丁 Sautéed Cabbage with Fungus 白菜木耳 Steamed Mung Bean Rice 绿豆米饭  | Braised Tofu with Shrimp 虾仁烩豆腐  Sautéed Zucchini with Egg 西葫芦炒蛋 Steamed Rice 米饭 Steamed Black Rice Bun 紫米小馒头  | 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 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Corn Rice 玉米米饭  |
| Western | Curry Chicken 咖喱鸡  | Pork Sandwich 猪肉三明治  |  Mexican Beef 墨西哥牛肉  | Pan-Fried Fish Fillet with Cream Sauce  煎鱼柳配奶油汁  | Beijing Duck Roll 北京鸭肉卷  |

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) |
|-----------------|----------------|---------------|-----------|
| 506 | 34.9 | 43.9 | 18.7 |

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Halal

| STATION | MONDAY 3.20 | TUESDAY 3.21 | WEDNESDAY 3.22 | THURSDAY 3.23 | FRIDAY 3.24 |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Vegetable Stick | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 |
| 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 |
| Chinese | 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 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  | Braised Pork with Kelp 海带红烧肉 Cabbage Stew with Glass Noodle 白菜炖粉条 Steamed Rice 白米饭 Steamed Sponge Cake 自制发糕  |  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  | Braised Fish with Mixed Vegetable  五彩鱼肉丁 Sautéed Cole 清炒油菜 Steamed Rice 白米饭  |
| Western | Pasta with Chicken & Tomato Sauce 鸡肉茄汁意面  | Salami Pizza 萨拉米披萨  |  Beef Curry 咖喱牛肉  | Fish Panini  鱼肉帕尼尼  | Chicken Tortilla Wrap 墨西哥鸡肉卷  |

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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Halal

| STATION | MONDAY 3.27 | TUESDAY 3.28 | WEDNESDAY 3.29 | THURSDAY 3.30 | FRIDAY 3.31 |
|-----------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Vegetable Stick | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 | Vegetable Stick 蔬菜条 |
| 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 |
| Chinese | 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 | 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 | Scrambled Egg with Tomato 番茄炒蛋 Stir-fry Fungus and Celery 木耳芹菜 Steamed Rice 米饭 Hanamaki 自制花卷 | 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 | Stir-Fried Chicken with Vegetable 滑溜鸡片 Stir-Fried Cabbage 清炒白菜 Steamed Rice 米饭 |
| Western | Fish Pizza 鱼肉披萨 | Pork Sandwich 猪肉三明治 | Swedish Beef Meatball 瑞典风味牛肉丸 | Braised Pork Sausage 红烩猪肉肠 | Beef Lasagna 牛肉千层面 |

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) |
|-----------------|----------------|---------------|-----------|
| 453 | 17.0 | 64.4 | 15.5 |