

STATION	MONDAY	TUESDAY	WEDNESDAY 3.1	THURSDAY 3.2	FRIDAY 3.3
KGT Morning Snack			Apple 苹果	Pear 梨	Orange 桔子
KGT Afternoon Snack			Fruit Jam Cake 果酱蛋糕 Yogurt 酸奶	Apple Muffin 苹果玛芬 Red Bean Soup 红豆汤	Banana Bread 香蕉包 Milk 牛奶

Nutritional Facts 营养成分表 (100g)	Energy 能量(Kcal)			215	182	244
	Protein 蛋白质(g)			4.6	7.1	8.2
	Carb 碳水化合物(g)			29.2	32.5	30.4
	Fat 脂肪(g)			9.0	3.4	10.1

WEEKLY MENU

STATION	MONDAY 3.6	TUESDAY 3.7	WEDNESDAY 3.8	THURSDAY 3.9	FRIDAY 3.10
KGT Morning Snack	Banana 香蕉	Orange 桔子	Apple 苹果	Dragon Fruit 火龙果	Pear 梨
KGT Afternoon Snack	Oatmeal Cookies 燕麦饼干 Yogurt 酸奶	Egg Tart 蛋挞 Lime Apple Water 青柠苹果矿泉水	Raisin Bread 葡萄干面包 100% Orange Juice 100%橙汁	Banana Cake 香蕉包 Fresh Milk 鲜牛奶	Carrot Cake 胡萝卜蛋糕 Pear Water 冰糖梨水

Nutritional Facts 营养成分表 (100g)	Energy 能量(Kcal)	206	143	154	246	169
	Protein 蛋白质(g)	7.6	2.3	2.9	8.4	2.2
	Carb 碳水化合物(g)	30.6	24.3	33.4	31.1	26.6
	Fat 脂肪(g)	6.2	4.4	1.3	10.1	6.6

WEEKLY MENU

STATION	MONDAY 3.13	TUESDAY 3.14	WEDNESDAY 3.15	THURSDAY 3.16	FRIDAY 3.17
KGT Morning Snack	Banana 香蕉	Orange 桔子	Apple 苹果	Pear 梨	Honey Melon 哈密瓜
KGT Afternoon Snack	Coconut Cookies 椰蓉曲奇饼 100% Orange Juice 100%橙汁	Pineapple Bun 菠萝包 Pear Water 冰糖梨水	Chocolate Cake 巧克力蛋糕 Yogurt 酸奶	Muffin 玛芬 Red Bean Paste with Coconut Milk 椰奶红豆沙	Banana Bread 香蕉包 Milk 牛奶

Nutritional Facts 营养成分表 (100g)	Energy 能量(Kcal)	262	150	219	244	235
	Protein 蛋白质(g)	3.1	2.8	4.8	8.0	8.1
	Carb 碳水化合物(g)	35.1	30.9	30.1	42.3	28.4
	Fat 脂肪(g)	12.1	1.8	9.0	5.5	10.0

STATION	MONDAY 3.20	TUESDAY 3.21	WEDNESDAY 3.22	THURSDAY 3.23	FRIDAY 3.24
KGT Morning Snack	Banana 香蕉	Orange 桔子	Apple 苹果	Pear 梨	Orange 桔子
KGT Afternoon Snack	Butter Cookies 黄油曲奇 Yogurt 酸奶	Egg Tart 蛋挞 Red Bean Soup 红豆汤	Raisin Bread 葡萄干面包 Fresh Milk 鲜牛奶	Croissant 牛角 100% Orange Juice 100%橙汁	Chiffon Cake 戚风蛋糕 Pear Water 冰糖梨水

Nutritional Facts 营养成分表 (100g)	Energy 能量(Kcal)	275	189	197	226	158
	Protein 蛋白质(g)	5.5	6.9	5.8	4.2	4.2
	Carb 碳水化合物(g)	34.0	31.3	31.9	40.1	21.1
	Fat 脂肪(g)	13.1	4.4	5.4	5.9	6.6

WEEKLY MENU

STATION	MONDAY 3.27	TUESDAY 3.28	WEDNESDAY 3.29	THURSDAY 3.30	FRIDAY 3.31
KGT Morning Snack	Banana 香蕉	Orange 桔子	Apple 苹果	Dragon Fruit 火龙果	Pear 梨
KGT Afternoon Snack	Oatmeal Cookies 燕麦饼干 Yogurt 酸奶	Egg Tart 蛋挞 Lime Apple Water 青柠苹果矿泉水	Chocolate Cake 巧克力蛋糕 100% Orange Juice 100%橙汁	Banana Cake 香蕉包 Fresh Milk 鲜牛奶	Carrot Cake 胡萝卜蛋糕 Pear Water 冰糖梨水

Nutritional Facts 营养成分表 (100g)	Energy 能量(Kcal)	206	143	247	246	169
	Protein 蛋白质(g)	7.6	2.3	3.1	8.4	2.2
	Carb 碳水化合物(g)	30.6	24.3	38.0	31.1	26.6
	Fat 脂肪(g)	6.2	4.4	9.6	10.1	6.6