

WEEKLY MENU






 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
Set Menu A			 Braised Beef with Mushroom 法式蘑菇烩牛肉 Creamy Cauliflower 奶油焗菜花 Steamed Corn 蒸玉米	Sour Cream & Cheese Chicken 芝士酸奶油焗鸡 Sautéed Vegetable 混合时蔬 Butter Potato 黄油土豆	BBQ Duck 烤鸭胸配烧烤汁 Gratin Cauliflower with Bell Pepper 黄油菜花配彩椒 Soft Roll 软面包
Set Menu B			 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	 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

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)
619	28.6	73.5	25.5

WEEKLY MENU







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STATION	MONDAY	TUESDAY	WEDNESDAY 3.1	THURSDAY 3.2	FRIDAY 3.3
MSHS Daily Special Asian			 Braised Beef Noodle 红烧牛肉面 Green Vegetables 白灼蔬菜	 Vegetarian Diet 素食 Braised Plant-Based Meat with Rice 植物肉卤肉饭 Braised Egg 卤蛋 Wok-Fried Cabbage 炆炒圆白菜	Taste of Fu Jian 品味福建 Noodles with Seafood & Satay Sauce  沙茶面(海鲜) Chicken Satay 沙爹鸡肉串 Sautéed Choi Sum 清炒菜心
MSHS Daily Special Western			Grilled Pork Sausage 德式煎猪肉肠 Mashed Potato/Onion Gravy 土豆泥/洋葱汁 Mixed Vegetables 混合时蔬	Deep-Fried Fish  with Tartar Sauce 英式鱼排配塔塔汁 Mixed Vegetables 混合时蔬 French Fries 自制薯条	Taste of Fu Jian 品味福建 Litchi Meat (Fujian Fried Pork) 荔枝肉 Sautéed Baby Cabbage 炒娃娃菜 Steamed Rice 米饭

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)
625	27.4	66.7	28.8

WEEKLY MENU



Vegetarian









Seafood



Halal






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
Set Menu A	Fish Pasta with Cream Sauce  鱼肉奶油汁意面 Sautéed Zucchini & Carrot 胡萝卜西葫芦 Garlic Bread 蒜香面包	Grilled Pork Chop with Gravy 铁扒猪排配肉汁 Roasted Vegetable 烤什蔬 Roasted Potato 香烤土豆	 Swedish Beef Meatball 瑞典风味牛肉丸 Sautéed Vegetable 黄油时蔬 Mashed Potato 奶香土豆泥	Thai Roasted Chicken 泰式烧鸡肉 Mixed Vegetable 混合什蔬 Steamed Corn 蒸玉米	 Braised Beef 红烩牛肉 Sautéed Zucchini 清炒西葫芦 Soft Roll 软面包
Set Menu B	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	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	 Sautéed Zucchini with Egg 西葫芦炒蛋 Braised Taro with Scallion 红烧香葱芋头 Steamed Rice 米饭	 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

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)
575	39.1	68.3	18.3

WEEKLY MENU



STATION	MONDAY 3.6	TUESDAY 3.7	WEDNESDAY 3.8	THURSDAY 3.9	FRIDAY 3.10
MSHS Daily Special Asian	Hot-Spicy Pot 麻辣香锅 Sautéed Cabbage with Glass Noodle 粉条炒圆白菜 Steamed Rice 白米饭	 Sautéed Beef Slice in Hot Chilli Oil 巴蜀水煮牛肉 Stir-Fried Cabbage 清炒杭白菜 Steamed Rice 米饭	Sichuan Style Sour & Hot Glass Noodles 四川酸辣粉 Lettuce 圆生菜 Chinese Pork Hamburger 猪肉肉夹馍	Taiwan Three-Cup Chicken 台式三杯鸡 Sautéed Bok Choy with Mushroom 香菇油菜 Stemed rice 米饭	Braised Duck Leg 上海酱鸭腿 Sautéed Cabbage 炆炒圆白菜 Steamed Rice 米饭
MSHS Daily Special Western	Baked Fish with Herb 香草烤龙利鱼  Broccoli and Cherry Tomato 西兰花小番茄 Fusilli with Basil Sauce 罗勒酱意面	BBQ Ribs 美式烧烤猪大排 Caribbean Vegetable Stew 加勒比慢煮炖菜 Bread 面包	Roast Chicken 香草烤春鸡 Mixed Vegetables 混合时蔬 Sautéed Potato with Onion 洋葱炒土豆	Korean Roast Pork Belly 韩式烤五花肉 Kimchi 泡菜 Kimchi Fried Rice 泡菜炒饭	Fish Cheesburger 鱼肉芝士汉堡包  Home Made French Fries 自制薯条 Cheese/Tomato/Pickle 芝士/番茄/酸黄瓜

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)
569	34.0	58.6	23.9

WEEKLY MENU



 Vegetarian

 Seafood

 Halal

FOOD & CO 食享家
by sodexo





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
Set Menu A	Curry Chicken 咖喱鸡 Mixed Vegetable 混合什蔬 Steamed Sweet Potato 蒸紫薯	BBQ Roasted Pork 烧烤猪梅肉 Sautéed Vegetable 黄油时蔬 Lyonnaise Potato 里昂土豆	 Mexican Beef 墨西哥牛肉 Gratin Cauliflower 奶油焗菜花 Steamed Corn 蒸玉米	Pan-Fried Fish Fillet with Cream Sauce 煎鱼柳奶油汁  Sautéed Zucchini with Carrot 西葫芦胡萝卜 Baked Sweet Potato 烤红薯	Grilled Duck Breast 香煎鸭胸 Gratin Cauliflower with Bell Pepper 黄油菜花配彩椒 Roasted Potato 香烤土豆
Set Menu B	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 Steamed Black Rice Bun 紫米小馒头	Braised Tofu with Shrimp 虾仁烩豆腐  Sautéed Zucchini with Egg 西葫芦炒蛋 Steamed Rice 米饭	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

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)
657	34.0	65.3	28.2

WEEKLY MENU



STATION	MONDAY 3.13	TUESDAY 3.14	WEDNESDAY 3.15	THURSDAY 3.16	FRIDAY 3.17
MSHS Daily Special Asian	Braised Fish with Pickled Cabbage 酸菜鱼  Stir-Fried Cabbage 炆炒包菜 Steamed Rice 米饭	Crispy Chicken 香酥鸡腿 Sautéed Bok Choy 清炒油菜 Fried Rice with Mixed Vegetable 蔬菜炒饭	Fried Rice with Beef and Pineapple  牛肉菠萝炒饭 Crispy Fried Chicken Fillet 炸鸡柳 Stir fried Choi Sum 清炒菜心	Hot-Spicy Pot 麻辣香锅 Sautéed Bok Choy with Black Fungus 木耳油菜 Steamed Rice 米饭	Japan Food Festival 日本美食 Japanese Pork Bone Ramen 日式豚骨拉面 Sushi 寿司 Poached Bok Choy 白灼油菜
MSHS Daily Special Western	Fried Pork Chop 炸猪排 Mixed Vegetables 混合时蔬 Roasted bread 面包	Pork with Plum Stuffing 西梅酿猪柳 Roast Zucchini 烤西葫芦 Lyonnaise Potato 法国里昂土豆	Korean Wok-fried Chicken 韩国烤鸡 Korean Rice Cake 韩国风味米条 Kimchi 泡菜	 Cumin Beef Pizza 孜然牛肉披萨 Cheese Pizza  芝士披萨 Chicken Wings 烤鸡翅 Mixed Vegetables 混合时蔬	Japan Food Festival 日本美食 Oden 关东煮 Vegetable Tempura 蔬菜天妇罗 Steamed Rice 白米饭

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)
581	34.6	59.5	24.7

WEEKLY MENU



 Vegetarian

 Seafood

 Halal

FOOD & CO 食享家
by sodexo

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
Set Menu A	Pasta with Chicken & Tomato Sauce 鸡肉茄汁意面 Sautéed Zucchini 清炒西葫芦 Garlic Bread 蒜香面包	Roasted Pork Chop with Honey Sauce 蜜汁香草烤猪扒 Mixed Vegetable 混合什蔬 Roasted Potato 烤土豆	 Beef Curry 咖喱牛肉 Sautéed Zucchini with Carrot 西葫芦炒胡萝卜 Steamed Corn 蒸玉米	Thai Roasted Fish 泰式烤鱼  Creamy Cauliflower 奶油焗菜花 Roasted Potato 烤土豆	Tandoori Chicken 印度天多瑞鸡肉 Sautéed Vegetable 黄油时蔬 Baked Sweet Potato 烤红薯
Set Menu B	Moo Shu Pork 猪肉木须 Braised Cabbage with Bean Curd 千张烧白菜 Steamed Red Bean Rice 红豆米饭	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 Steamed Sponge Cake 自制发糕	Braised Pork with Kelp 海带红烧肉 Cabbage Stew with Glass Noodle 白菜炖粉条 Steamed Rice 白米饭	 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 Bok Choy 清炒油菜 Steamed Rice 白米饭

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)
623	32.1	83.1	20.3

WEEKLY MENU



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Seafood

Halal

FOOD & CO 食享家
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STATION	MONDAY 3.20	TUESDAY 3.21	WEDNESDAY 3.22	THURSDAY 3.23	FRIDAY 3.24
MSHS Daily Special Asian	<p>Hong Kong Style Sautéed Fish 香港避风塘炒鱼块</p> <p>Sautéed Cabbage 手撕圆白菜</p> <p>Steamed Rice 米饭</p>	<p>Sautéed Beef With Mushroom 杏鲍菇炒牛肉</p> <p>Sautéed Bok Choy 清炒油菜</p> <p>Steamed Rice 米饭</p>	<p>Xin jiang Brasied Chicken 新疆大盘鸡</p> <p>Braised Noodle with Vegetable 蔬菜拉条子</p>	<p>Braised Pork Meatballs 红烧猪肉丸子</p> <p>Shredded Potato with Bell Pepper 尖椒土豆丝</p> <p>Steamed Rice 米饭</p>	<p>Coke Chicken 可乐鸡腿</p> <p>Sautéed Bok Choy 清炒油菜</p> <p>Fried Rice with Mixed Vegetable 蔬菜炒饭</p>
MSHS Daily Special Western	<p>Bibimbap 石锅拌饭 </p> <p>Beef Slice/ Mushroom/Zucchini/ Carrot/ Bean Sprout/Egg 肥牛/蘑菇/西葫芦/胡萝卜/豆芽/鸡蛋</p> <p>Kimchi 泡菜</p>	<p>Vegetarian Diet 素食 </p> <p>Plant-Based Meat & Potato Pie 植物肉土豆泥派</p> <p>Mixed Vegetables 混合时蔬</p> <p>Garlic Bread 蒜香面包</p>	<p>American Hot Dog 美式热狗</p> <p>French Fries 薯条</p> <p>Mixed Vegetables 混合时蔬</p>	<p>Mexican Chicken Roll 墨西哥鸡肉卷</p> <p>Nachos 炸玉米脆</p> <p>Mixed Vegetables 混合时蔬</p>	<p>Beef Lasagna 牛肉千层面</p> <p>Mixed Vegetables 混合时蔬</p>

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)
564	34.2	66.6	19.2

WEEKLY MENU









 Vegetarian

 Seafood

 Halal



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
Set Menu A	Fish Pasta with Tomato Sauce  鱼肉茄汁意面 Sautéed Zucchini & Carrot 胡萝卜西葫芦 Garlic Bread 蒜香面包	Grilled Pork Chop with Gravy 铁扒猪排配肉汁 Roasted Vegetable 烤什蔬 Roasted Potato 香烤土豆	 Swedish Beef Meatball 瑞典风味牛肉丸 Sautéed Vegetable 黄油时蔬 Mashed Potato 奶香土豆泥	Braised Pork Sausage 红烩猪肉肠 Mixed Vegetable 混合什蔬 Roasted Pumpkin 蜜汁烤南瓜	 Braised Beef with Mushroom 意式蘑菇烩牛肉 Sautéed Zucchini 清炒西葫芦 Soft Roll 软面包
Set Menu B	Sautéed 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 Hanamaki 自制花卷	 Scrambled Egg with Tomato 番茄炒蛋 Stir-fry Fungus and Celery 木耳芹菜 Steamed Rice 米饭	 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

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)
617	28.6	75.7	24.4

WEEKLY MENU



Vegetarian

Seafood

Halal



STATION	MONDAY 3.27	TUESDAY 3.28	WEDNESDAY 3.29	THURSDAY 3.30	FRIDAY 3.31
MSHS Daily Special Asian	Sweet & Sour Chicken with Pineapple 菠萝咕咾鸡 Sautéed Cabbage 手撕圆白菜 Steamed Rice 米饭	Sautéed Beef Slice in Hot Chilli Oil 巴蜀水煮牛肉 Stir-Fried Cabbage 清炒杭白菜 Steamed Rice 米饭	Sichuan Style Sour & Hot Glass Noodles 四川担担面 (猪肉) Sautéed Bok Choy 白灼油菜	Steamed Fish with Soy Bean Sauce 豉汁蒸龙利鱼 Sautéed Green Vegetable 清炒时蔬 Steamed Rice 米饭	Hot-Spicy Pot 麻辣香锅 Sautéed Bok Choy with Black Fungus 木耳油菜 Steamed Rice 米饭
MSHS Daily Special Western	Bourbon Pulled Pork Panini 猪肉奶酪帕尼尼 Sautéed Broccoli 西兰花 Roasted Potato 烤土豆	Pan-Fried Chicken with Cheese 芝士煎鸡排 Sautéed Mixed Vegetables 田园混合时蔬 Roasted Potato 香草烤土豆	Deep-Fried Chicken with Sweet Sour Sauce 韩式炸鸡配甜辣酱 Kimchi Fried Rice 韩式泡菜炒饭 Sautéed Choi Sum 清炒菜心	Vegetarian Diet 素食 Spaghetti/Macaroni /Penne 意大利直面/弯管面/斜切面 Plant-Based Meat Bolognese 植物肉肉酱 Tomato Sauce 番茄酱 Mixed Vegetable 混合什蔬	Beef Cheeseburger 牛肉芝士汉堡 French Fries 自制薯条 Mixed Vegetable 混合什蔬

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)
538	37.8	62.9	17.1