

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal

STATION	MONDAY 12.4	TUESDAY 12.5	WEDNESDAY 12.6	THURSDAY 12.7	FRIDAY 12.8
Soup 汤	Seaweed & Egg Soup 紫菜蛋花汤	Pear Tremella Soup 银耳雪梨汤	Pumpkin Congee 南瓜粥	Chinese Yam and Egg White Soup NEW 芙蓉山药汤 TRY NOW 12.6-12.8	Egg and Tomato Soup 番茄蛋花汤
G1-G5 Western Set Menu A G1-G5西式套餐A	French Baked Mustard Chicken NEW 法式芥末烤鸡 TRY NOW 12.6-12.8 Sauteed Zucchini 炒茭瓜 Tortilla 墨西哥饼	Tuna Carbonara 金枪鱼奶油意面 Sauteed Vegetable 黄油时蔬	NEW Shepherd's Pie TRY NOW 12.6-12.8 英式牧羊人派 (羊肉) Snow Pea, Carrot & Corn 青豆胡萝卜配玉米	Orleans Chicken Burger 奥尔良鸡腿堡 French Fries 薯条 Sauteed Vegetable 黄油时蔬	NEW Grilled Fish Fillet with TRY NOW 12.6-12.8 Tomato & Basil Sauce 番茄罗勒烤鱼 Sautéed Zucchini with Carrot 西葫芦胡萝卜 Roasted Potato 烤土豆
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Braised Pork Meatballs with White Gourd 冬瓜烧猪肉丸子 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	NEW Jiang Su Braised Duck TRY NOW 12.6-12.8 Breast 苏式酱鸭胸 Stir Fried Pak Choi 清炒奶白菜 Steamed Rice 米饭 Hanamaki 自制燕麦馒头	Scrambled Egg with Tomato 番茄炒蛋 Sautéed Cabbage with Tofu 白菜豆腐 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Stir Fried Pork With Celery 香芹猪肉丝 Sautéed Cabbage 清炒圆白菜 Steamed Rice 米饭	Sauteed Beef with Scallion 葱爆牛肉 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Steamed Corn 蒸玉米

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)
640	31.5	76.0	20.9

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STATION	MONDAY 12.4	TUESDAY 12.5	WEDNESDAY 12.6	THURSDAY 12.7	FRIDAY 12.8
G1-G5 Sandwich Station G1-G5三明治档口	Chicken Panini 鸡肉帕尼尼 Green Vegetables 炒蔬菜 	Bacon & Egg Panini 培根鸡蛋帕尼尼 Green Vegetables 炒蔬菜 	Ham & Cheese Panini 火腿奶酪帕尼尼 Green Vegetables 炒蔬菜 	 Beef Panini 牛肉帕尼尼 Green Vegetables 炒蔬菜 	Italian Beef Pizza 意大利牛肉披萨 Green Vegetables 炒蔬菜 
G1-G5 Noodle Station G1-G5面档	 Lanzhou Beef Noodle Soup  兰州牛肉拉面 Green Vegetables 白灼蔬菜 	Nasi Goreng Rice with Chicken 印尼炒饭配鸡肉串 Green Vegetables 白灼蔬菜 	Chicken Rice Noodle in Marinated Soup 卤汤鸡腿米粉 Braised Egg 卤蛋 Green Vegetables 白灼蔬菜 	Solar Term-Major Snow 农历大雪 Pork and Vegetable Dumplings 猪肉蔬菜水饺 Egg & Vegetable Dumplings  素水饺 Green Vegetables 白灼蔬菜 	 Japanese Sesame & Seaweed Rice 日式海苔手抓饭 Japanese Flavor Mushroom 日式风味蘑菇 
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit 牛奶/酸奶/100%果汁+水果				

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)
360	18.0	45.0	12.0

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STATION	MONDAY 12.11	TUESDAY 12.12	WEDNESDAY 12.13	THURSDAY 12.14	FRIDAY 12.15
Soup 汤	Soybean Paste Stew 大酱汤	Egg & Corn Soup 鸡茸粟米羹	Red Bean Congee 红豆粥	Minced Beef & Tofu Soup 西湖牛肉羹	Chongqing Small Rice Dumpling 山城小汤圆
G1-G5 Western Set Menu A G1-G5西式套餐A	 Breaded Chicken & Cheese With Mornay Sauce 芝士鸡胸肉配奶油酱 Grilled Zucchini 烤青瓜 Garlic Bread 蒜香面包 	 Beef Hot Dog 牛肉热狗 Mixed Vegetable 混合什蔬 	 Beef Lasagna 牛肉千层面 Sauteed Vegetable 黄油时蔬 	Curry Chicken 印度咖喱鸡 Mixed Vegetable 混合什蔬 Naan 印度烤饼 	 Spaghetti with Bacon and Mushroom 芝士培根蘑菇番茄意面 Green Vegetables 炒时蔬 
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Braised Pork with Taro 芋头红烧肉 Braised Cabbage with Bean Curd 千张烧白菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	Sweet & Sour Chicken 咕咾鸡 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕 	 Steamed Fish in Soya Sauce 清蒸鱼  Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	 Braised Beef with Potato 土豆烧牛肉 Stir-Fried Cabbage with Tofu 白菜豆腐 Steamed Rice 米饭 	 Braised Pork with Tofu 猪肉豆花 Stir-fry Black Fungus and Celery 木耳芹菜 Steamed Rice 米饭 Steamed Corn 蒸玉米 

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)
650	36.7	80.8	21.4

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STATION	MONDAY 12.11	TUESDAY 12.12	WEDNESDAY 12.13	THURSDAY 12.14	FRIDAY 12.15
G1-G5 Sandwich Station G1-G5三明治档口	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼 Green Vegetables 炒蔬菜 	Lyonnaise Sausage Panini 里昂那香肠帕尼尼 Green Vegetables 炒蔬菜 	Bacon & Egg Panini 培根鸡蛋帕尼尼 Green Vegetables 炒蔬菜 	Salami Pizza 萨拉米披萨 Green Vegetables 炒蔬菜 	Tuna Panini  金枪鱼帕尼尼 Green Vegetables 炒蔬菜 
G1-G5 Noodle Station G1-G5面档	Stuffed Bun with Roast Pork 叉烧包 Steamed Vegetable Bun 素菜包 Green Vegetables 白灼蔬菜 	Japanese Pork Bone Noodle Soup 日式豚骨拉面 Braised Egg 卤蛋 Green Vegetables 白灼蔬菜 	 Noodle with Plant-Based Meat and Soybean Paste 炸酱面 Green Vegetables 白灼蔬菜 	Rice Noodle Soup with Beef Meatball 越南牛肉丸汤粉 Green Vegetables 白灼蔬菜 	 Chongqing Food Promotion 重庆美食节 Chongqing Noodle 重庆小面（不辣） Green Vegetables 白灼蔬菜 
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit 牛奶/酸奶/100%果汁+水果				

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)
387	17.2	50.3	13.0

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STATION	MONDAY 12.18	TUESDAY 12.19	WEDNESDAY 12.20	THURSDAY 12.21	FRIDAY 12.22
Soup 汤	Lotus Root & Pork Soup 莲藕瘦肉汤	Tomato & Egg Soup 番茄蛋花汤	Cream of Pumpkin Soup 奶油南瓜汤	Jujube and Tremella Soup 红枣银耳汤	Borscht 罗宋汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Teriyaki Chicken 照烧鸡 Sautéed Spinach 炒菠菜 Soft Roll 软面包	Orleans Chicken Wrap 奥尔良鸡肉卷 Roasted Vegetable 烤什蔬	Christmas Food Promotion 圣诞美食节 NEW Roasted Turkey Breast with Onion Gravy 圣诞烤火鸡胸配洋葱汁 Sautéed Vegetable 黄油时蔬 Gratin Potato 奶油焗土豆	NEW Pork Enchiladas 墨西哥烤猪肉卷 Grilled Vegetables 烤蔬菜	Pasta Bolognese 牛肉肉酱意面 Sautéed Zucchini & Carrot 胡萝卜西葫芦
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Steamed Egg with Shrimp 虾仁蒸蛋 Sautéed Cabbage with Tofu 白菜豆腐 Steamed Rice 米饭 Steamed Corn 蒸玉米	Sweet & Sour Fish 糖醋鱼 Wok-Fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Hanamaki 自制双色花卷	Christmas Food Promotion 圣诞美食节 NEW Roasted Ham With BBQ Sauce 烤火腿配烧烤酱 Braised White Gourd 烧冬瓜 Steamed Rice 白米饭	Braised Beef with Turnip 萝卜牛腩 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Shredded Pork with Bamboo Shoots 冬笋猪肉丝 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯

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)
557	25.4	80.5	15.6

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STATION	MONDAY 12.18	TUESDAY 12.19	WEDNESDAY 12.20	THURSDAY 12.21	FRIDAY 12.22
G1-G5 Sandwich Station G1-G5三明治档口	Pesto Chicken Sandwich 青酱鸡肉三明治 Green Vegetables 炒蔬菜 	Salami Pizza 萨拉米披萨 Green Vegetables 炒蔬菜 	 Christmas Food Promotion 圣诞美食节 Christmas Rice Pudding 圣诞米饭布丁 Christmas Bread Pudding 圣诞面包布丁 Green Vegetables 炒蔬菜 	 Beef Panini 牛肉帕尼尼 Green Vegetables 炒蔬菜 	Tuna Panini  金枪鱼帕尼尼 Green Vegetables 炒蔬菜 
G1-G5 Noodle Station G1-G5面档	Pork Wonton Noodle Soup 云吞面 Green Vegetables 白灼蔬菜 	 Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜 	 Korean Fried chicken 韩式炸鸡 Korean Mixed Rice with Vegetables 韩式蔬菜拌饭 	 Noodle with Tomato & Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜 	Pork Siu Mai 烧麦 Green Vegetables 白灼蔬菜 
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit 牛奶/酸奶/100%果汁+水果				

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)
396	18.3	49.7	13.8