

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
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	Vegetable Stick 蔬菜条
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 芙蓉山药汤	Egg and Tomato Soup 番茄蛋花汤
KGT Chinese 幼儿园中式	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	 Jiang Su Braised Duck Breast 苏式酱鸭胸 Stir Fried Pak Choi 清炒奶白菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	 Scrambled Egg with Tomato 番茄炒蛋 Sautéed Cabbage with Tofu 白菜豆腐 Steamed Rice 米饭 Hanamaki 自制燕麦馒头	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
KGT Western 幼儿园西式	 French Baked Mustard Chicken 法式芥末烤鸡	 Bacon & Egg Panini 培根鸡蛋帕尼尼	 Shepperd's Pie 英式牧羊人派 (羊)	 Orleans Chicken Burger 奥尔良鸡腿堡	 Grilled Fish Fillet with Tomato & Basil Sauce 番茄罗勒烤鱼

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)
459	32.1	45.3	13.8

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STATION	MONDAY 12.11	TUESDAY 12.12	WEDNESDAY 12.13	THURSDAY 12.14	FRIDAY 12.15
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	Vegetable Stick 蔬菜条
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
KG Chinese 幼儿园中式	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 Sweet Potato 蒸红薯	Steamed Fish in Soya Sauce 清蒸鱼 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	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
KG Western 幼儿园西式	Breaded Chicken & Cheese With Mornay Sauce 芝士鸡胸肉配奶油酱	Lyonnaise Sausage Panini 里昂那香肠帕尼尼	Beef Lasagna 牛肉千层面	Curry Chicken 印度咖喱鸡	Beef Salami Pizza 牛肉萨拉米披萨

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)
499	31.9	58.0	16.6

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STATION	MONDAY 12.18	TUESDAY 12.19	WEDNESDAY 12.20	THURSDAY 12.21	FRIDAY 12.22
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	Vegetable Stick 蔬菜条
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
KGT Chinese 幼儿园中式	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 	Christmas Food Promotion 圣诞美食节 Roasted Ham With BBQ Sauce 烤火腿配烧烤酱 Braised White Gourd 烧冬瓜 Steamed Rice 白米饭 Hanamaki 自制双色花卷	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
KGT Western 幼儿园西式	Teriyaki Chicken 照烧鸡 	 Orleans Chicken Wrap 奥尔良鸡肉卷 	Tuna Panini 金枪鱼帕尼尼 	 Pork Enchiladas 墨西哥烤猪肉卷 	 Pasta Bolognese 牛肉肉酱意面

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)
439	28.9	56.8	11.6