

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal



STATION	MONDAY 1.8	TUESDAY 1.9	WEDNESDAY 1.10	THURSDAY 1.11	FRIDAY 1.12
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	Greek Vegetable Broth 希腊蔬菜浓汤
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 	Sweet & Sour Fish 咕咾鱼 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 	Pasta Bolognese 牛肉肉酱意面 	Cottage Pie 乡村牛肉派 	Beef Panini 牛肉帕尼尼 	Greek Moussaka 希腊牛肉茄盒

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)
451	32.1	43.3	13.8

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STATION	MONDAY 1.15	TUESDAY 1.16	WEDNESDAY 1.17	THURSDAY 1.18	FRIDAY 1.19
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	Minced Beef & Tofu Soup 西湖牛肉羹	 Laba Congee 腊八粥	 Yunnan Chicken Soup 云南汽锅鸡汤
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 	Yunnan Food Promotion 云南美食  Shiping Tofu 石屏豆腐 Sauteed Zucchini 清炒小瓜 Steamed Rice 白米饭 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 	Lyonnais Sausage Panini 里昂那香肠帕尼尼 	 Beef Lasagna 牛肉千层面 	Curry Chicken 印度咖喱鸡 	Pasta with Bacon and Mushroom 芝士培根蘑菇番茄意面 

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)
499	31.9	58.0	16.6

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STATION	MONDAY 1.22	TUESDAY 1.23	WEDNESDAY 1.24	THURSDAY 1.25	FRIDAY 1.26
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 Purple Sweet Potato 蒸紫薯	Sweet & Sour Fish 糖醋鱼 Wok-Fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭	Sautéed Beef Slice with Soya Sauce 豉汁牛肉片 Scrambled Egg with Tomato 番茄炒蛋 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 Corn 蒸玉米	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	Salami Pizza 萨拉米披萨	Ham & Cheese Panini 猪肉火腿奶酪帕尼尼	Orleans Chicken Burger 奥尔良鸡腿堡	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)
414	24.9	56.8	10.6

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by sodexo

STATION	MONDAY 1.29	TUESDAY 1.30	WEDNESDAY 1.31	THURSDAY 2.1	FRIDAY 2.2
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	Cabbage & Vermicelli Soup 白菜粉丝汤	Red Bean Congee 红豆粥	Soybean Paste Stew 大酱汤	Sesame Rice Dumpling 南方黑芝麻汤圆
KGT Chinese 幼儿园中式	Yu-Shiang Shredded Pork 鱼香猪肉丝 (不辣) Braised Cabbage with Bean Curd 千张烧白菜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Sauteed Chicken with Soya Bean Sauce 豉椒鸡球 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Braised Fish with Mushroom 蘑菇烧鱼 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 Hanamaki 自制小馒头	Moo Shu Pork 木须肉 Stir-Fried Cabbage with Tofu 白菜豆腐 Steamed Rice 米饭	Preliminary Eve 北方小年美食 Braised Pork in Brown Sauce 红烧猪肉 Scrambled Eggs with Cucumber 黄瓜炒鸡蛋 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯
KGT Western 幼儿园西式	Curry Chicken 印度咖喱鸡	Cheesy Beef Wrap 牛肉奶酪卷	Beef Lasagna 牛肉千层面	Crab Willow Pizza	Chicken Ham & Cheese Panini 鸡肉火腿奶酪帕尼尼

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