

WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY	TUESDAY	WEDNESDAY 3.1	THURSDAY 3.2	FRIDAY 3.3
Noodle Stall 面档			Sprout & Minced Pork Rice Noodle 芽菜肉末米粉 Green Vegetables 白灼蔬菜	Yuen Chow Fried Rice with Chicken 扬州鸡肉炒饭 Fried Chicken 炸鸡块 Green Vegetables 白灼蔬菜	Taste of Fu Jian 品味福建 Fuchow Wonton Soup 福建肉燕 Green Vegetables 白灼蔬菜
Beverage	Milk/Yogurt/Juice 牛奶/酸奶/果汁				



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)
219	8.0	27.8	8.6

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STATION	MONDAY 3.6	TUESDAY 3.7	WEDNESDAY 3.8	THURSDAY 3.9	FRIDAY 3.10
Noodle Stall 面档	Chicken Rice Noodle in Marinated Soup 卤汤鸡腿米粉 Green Vegetables 白灼蔬菜	Nasi Goreng 印尼炒饭 Chicken Kebab 烤鸡肉串 Green Vegetables 白灼蔬菜	 Braised Beef Noodles 红烧牛肉面 Green Vegetables 白灼蔬菜	Stuffed Bun with Roast Pork 叉烧包 Green Vegetables 白灼蔬菜	 Vegetarian Option 素食 Beijing Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜
Beverage	Milk/Yogurt/Juice 牛奶/酸奶/果汁				

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)
180	7.6	24.6	6.1

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STATION	MONDAY 3.13	TUESDAY 3.14	WEDNESDAY 3.15	THURSDAY 3.16	FRIDAY 3.17
Noodle Stall 面档	Fish Tofu Noodle Soup 鱼豆腐汤面  Green Vegetables 白灼蔬菜 	Steamed Pork Roll 蒸肉龙 Green Vegetables 白灼蔬菜 	Fried Rice with Ham and Egg 火腿蛋炒饭 Grilled Sausage 煎香肠 Green Vegetables 白灼蔬菜 	 Vegetarian Option 素食 Noodle with Plant-Based Meat and Soybean Paste 植物肉素炸酱面 Green Vegetables 白灼蔬菜 	Japan Food Festival 日本美食 Japanese Noodle in Pork Bone Soup 日式豚骨拉面 Green Vegetables 白灼蔬菜 
Beverage	Milk/Yogurt/Juice 牛奶/酸奶/果汁				

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)
262	10.7	35.4	9.4

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STATION	MONDAY 3.20	TUESDAY 3.21	WEDNESDAY 3.22	THURSDAY 3.23	FRIDAY 3.24
Noodle Stall 面档	Rice Noodle with Shredded Chicken and Spring Bamboo Shoots 春笋鸡肉丝米粉 Green Vegetables 白灼蔬菜	 Vegetarian Option 素食 Beijing Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜	 Hong Kong Pineapple & Beef Fried Rice 港式菠萝牛肉炒饭 Green Vegetables 白灼蔬菜	Pork and Vegetable Dumplings 猪肉蔬菜水饺 Green Vegetables 白灼蔬菜	 Rice Noodle Soup with Beef Meatball 牛肉丸米粉 Green Vegetables 白灼蔬菜
Beverage	Milk/Yogurt/Juice 牛奶/酸奶/果汁				

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)
262	8.7	28.8	14.2

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STATION	MONDAY 3.27	TUESDAY 3.28	WEDNESDAY 3.29	THURSDAY 3.30	FRIDAY 3.31
Noodle Stall 面档	Chicken Rice Noodle in Marinated Soup 卤汤鸡腿米粉 Green Vegetables 白灼蔬菜 	Roasted Pork with Rice 韩式烤肉拌饭 Green Vegetables 白灼蔬菜 	Braised Beef Noodles 红烧牛肉面 Green Vegetables 白灼蔬菜  	Stuffed Bun with Roast Pork 蒸猪肉包 Green Vegetables 白灼蔬菜 	 Vegetarian Option 素食 Noodle with Plant-Based Meat and Soybean Paste 植物肉素炸酱面 Green Vegetables 白灼蔬菜 
Beverage	Milk/Yogurt/Juice 牛奶/酸奶/果汁				

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)
239	8.4	29.8	9.7