

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while






Vegetarian



Seafood



Halal

STATION	MONDAY 3.4	TUESDAY 3.5	WEDNESDAY 3.6	THURSDAY 3.7	FRIDAY 3.8
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 芙蓉山药汤	Greek Vegetable Broth 希腊蔬菜浓汤
G1-G5 Western Set Menu A G1-G5西式套餐A	French Baked Mustard Chicken 法式芥末烤鸡 Sauteed Zucchini 炒节瓜 Tortilla 墨西哥饼	 Pasta Bolognese 牛肉肉酱意面 Sauteed Vegetable 黄油时蔬	 Cottage Pie 乡村牛肉派 Snow Pea, Carrot & Corn 青豆胡萝卜配玉米	Orleans Chicken Wrap 奥尔良鸡肉卷 Roasted Vegetable 烤什蔬	 Beef Curry 咖喱牛肉 Sautéed Zucchini with Carrot 西葫芦胡萝卜 Couscous 古斯米
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	Solar Term-Awakening of Insects 节气-惊蛰 Diced Chicken with Corn in Tomato Sauce 茄汁玉米鸡丁 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	Sweet & Sour Fish 咕咾鱼 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)
644	31.5	77.0	20.9

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STATION	MONDAY 3.4	TUESDAY 3.5	WEDNESDAY 3.6	THURSDAY 3.7	FRIDAY 3.8
G1-G5 Sandwich Station G1-G5三明治档口	Tuna Panini 金枪鱼帕尼尼 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	Smoked Chicken Pizza 地中海烟熏鸡肉披萨 Green Vegetables 炒蔬菜
G1-G5 Noodle Station G1-G5面档	Nasi Goreng Rice with Chicken 印尼炒饭配鸡肉 Green Vegetables 白灼蔬菜	Lanzhou Beef Noodle Soup 兰州牛肉拉面 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	Noodle with Plant-Based Meat and Soybean Paste 炸酱面 Green Vegetables 白灼蔬菜	Mushroom and Pork Noodle 蘑菇肉丁打卤面 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)
360	18.0	45.0	12.0

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Seafood



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STATION	MONDAY 3.11	TUESDAY 3.12	WEDNESDAY 3.13	THURSDAY 3.14	FRIDAY 3.15
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	Congee with Mixed Beans 八宝粥	Jiangsu Tofu Broth 文思豆腐羹 
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 	Pasta with Bacon, Tomato and Mushroom 芝士培根蘑菇番茄意面 Mixed Vegetable 混合什蔬 
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Loong's Day 二月初二龙抬头 Braised Pork with Taro 芋头红烧肉 Braised Gourd 烧冬瓜 Steamed Rice 米饭 Vegetable Spring Rolls 蔬菜春卷  	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 	Sautéed Duck with Soybean Paste 酱爆鸭肉 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	 Braised Beef with Bean Puff 豆泡烧牛肉 Stir-Fried Cabbage 炒白菜 Steamed Rice 米饭 	Jiangsu Food Promotion 江苏美食  Jiangsu Braised Fish 糟溜鱼  Braised Cabbage with Bean Curd 千张烧白菜 Yangzhou Fried Rice 扬州炒饭 

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)
650	36.7	80.8	21.4

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STATION	MONDAY 3.11	TUESDAY 3.12	WEDNESDAY 3.13	THURSDAY 3.14	FRIDAY 3.15
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 	Chicken Panini 鸡肉帕尼尼 Green Vegetables 炒蔬菜 
G1-G5 Noodle Station G1-G5面档	Loong's Day 二月初二龙抬头 Pork and Vegetable Dumplings 猪肉蔬菜水饺 Egg & Vegetable Dumplings 素水饺  	 Braised Beef Noodle Soup 红烧牛肉面 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 	Rice Noodle Soup with Chicken Meatball 越南鸡肉丸汤粉 Green Vegetables 白灼蔬菜 	Jiangsu Food Promotion 江苏美食 NEW Kunshan Aozao Noodle Soup  昆山奥灶面 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)
388	15.2	50.3	14.0

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STATION	MONDAY 3.18	TUESDAY 3.19	WEDNESDAY 3.20	THURSDAY 3.21	FRIDAY 3.22
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	Japanese Miso Soup 日式味噌汤
G1-G5 Western Set Menu A G1-G5西式套餐A	 Mexican Braised Beef 墨西哥牛肉 Sautéed Spinach 清炒菠菜 Steamed Corn 蒸玉米 	 Orleans Chicken Burger 奥尔良鸡腿堡 French Fries 薯条 Sautéed Vegetable 黄油时蔬 	Roast Duck Breast with Mushroom Sauce 烤鸭胸配蘑菇汁 Gratin Cauliflower with Bell Pepper 黄油菜花配彩椒 Roasted Potato 香烤土豆 	Pork Enchiladas 墨西哥烤猪肉卷 Grilled Vegetables 烤蔬菜 	Japanese Food Festival 日本美食节 Teriyaki Chicken 日式照烧鸡 Sautéed Zucchini & Carrot 胡萝卜西葫芦 Soft Roll 软面包 
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Braised Tofu with Shrimp 虾仁烧豆腐  Sautéed Cabbage 炒白菜 Steamed Rice 米饭 	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 	Solar Term-Spring Equinox 节气-春分 Sautéed Beef Slice with Soya Sauce 豉汁牛肉片  Scrambled Egg with Tomato 番茄炒蛋 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)
600	29.4	80.5	18.6

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STATION	MONDAY 3.18	TUESDAY 3.19	WEDNESDAY 3.20	THURSDAY 3.21	FRIDAY 3.22
G1-G5 Sandwich Station G1-G5三明治档口	Beef Panini 牛肉帕尼尼 Green Vegetables 炒蔬菜 	Salami Pizza 萨拉米披萨 Green Vegetables 炒蔬菜 	Ham & Cheese Panini 猪肉火腿奶酪帕尼尼 Green Vegetables 炒蔬菜 	Tuna Panini  金枪鱼帕尼尼 Green Vegetables 炒蔬菜 	Pesto Chicken Sandwich 青酱鸡肉三明治 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 	 Beef Laksa 叻沙汤牛肉米粉 Green Vegetables 白灼蔬菜 	Stuffed Bun with Roast Pork 叉烧包 Steamed Vegetable Bun 素菜包 Green Vegetables 白灼蔬菜 	 Noodle with Plant-Based Meat and Soybean Paste 炸酱面 Green Vegetables 白灼蔬菜 	Japanese Food Festival 日本美食节 Japanese Pork Bone Noodle Soup 日式豚骨拉面 Braised Egg 卤蛋 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

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Halal



STATION	MONDAY 3.25	TUESDAY 3.26	WEDNESDAY 3.27	THURSDAY 3.28	FRIDAY 3.29
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	Fish, Potato and Tomato Soup 土豆番茄鱼汤 
G1-G5 Western Set Menu A G1-G5西式套餐A	Curry Chicken 印度咖喱鸡 Mixed Vegetable 混合什蔬 Naan 印度烤饼 	Braised Pork Sausage 红烩猪肉肠 Mixed Vegetable 混合什蔬 Roasted Pumpkin 蜜汁烤南瓜 	 Beef Lasagna 牛肉千层面 Sauteed Vegetable 黄油时蔬 	Chicken Tortilla Wrap 墨西哥鸡肉卷 Sautéed Zucchini & Carrot 胡萝卜西葫芦 	 Easter 复活节 Braised Fish with Beans 小嫩豆烩鱼肉  Sauteed Vegetable 黄油时蔬 Mashed Potato 奶香土豆泥 
G1-G5 Chinese Set Menu B G1-G5中式套餐B	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 	Stir-fried Chicken with Mixed Vegetable 滑溜鸡片 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Hanamaki 自制小馒头 	Braised Fish with Mushroom  Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	Moo Shu Pork 木须肉 Stir-Fried Cabbage with Tofu 白菜豆腐 Steamed Rice 米饭 	Braised Pork in Brown Sauce 红烧猪肉 Scrambled Eggs with Cucumber 黄瓜炒蛋 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)
657	36.7	85.8	20.4

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G1-G5 Sandwich Station G1-G5三明治档口	Tuna Panini  金枪鱼帕尼尼 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 	Ham & Cheese Panini 火腿奶酪帕尼尼 Green Vegetables 炒蔬菜 
G1-G5 Noodle Station G1-G5面档	Spaghetti with Tomato & Beef Meatballs 意大利番茄牛肉丸意面 Green Vegetables 白灼蔬菜 	Yuen Chow Fried Rice 扬州炒饭 Chicken Nuggets 鸡块 Green Vegetables 白灼蔬菜 	 Noodle with Tomato & Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜 	Noodle with Shredded Chicken and Spring Bamboo Shoots 春笋鸡丝米粉 	 Easter 复活节 Basque Stewed Chicken with Pasta 巴斯克炖鸡配意面 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	17.2	50.3	14.0