

# WEEKLY MENU



Healthy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 4.8	TUESDAY 4.9	WEDNESDAY 4.10	THURSDAY 4.11	FRIDAY 4.12
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	Shaoxing Chicken Congee 绍兴鸡肉粥
G1-G5 Western Set Menu A G1-G5西式套餐A	French Mustard Chicken 法式芥末烤鸡 Sautéed Zucchini 炒茭瓜 Roasted Potato 香烤土豆	Beef Hot Dog 牛肉热狗 Mixed Vegetable 混合什蔬	Beef 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	Greek Moussaka 希腊牛肉茄盒 Sautéed Zucchini with Carrot 西葫芦胡萝卜 Soft Roll 自制小餐包
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	Sweet and Sour Pork 溜肉段 Sautéed Zucchini with Egg and Black Fungus 莴笋木耳炒鸡蛋 Steamed Rice 米饭 Hanamaki 自制燕麦馒头	Scrambled Egg with Tomato 番茄炒蛋 Stir-Fried Celery with Bean Curd 豆皮炒芹菜 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 Steamed Corn 蒸玉米	Shanghai Food Promotion 上海美食 Shanghai Style Braised Chicken 上海白斩鸡 Braised Gourd with Mushroom 香菇烧冬瓜 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)
640	31.5	76.0	20.9

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STATION	MONDAY 4.8	TUESDAY 4.9	WEDNESDAY 4.10	THURSDAY 4.11	FRIDAY 4.12
G1-G5 Sandwich Station G1-G5三明治档口	Tuna Panini 金枪鱼帕尼尼 Green Vegetables 炒蔬菜 	Smoked Chicken Pizza 地中海烟熏鸡肉披萨 Green Vegetables 炒蔬菜 	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 	Bacon & Egg Panini 培根鸡蛋帕尼尼 Green Vegetables 炒蔬菜 
G1-G5 Noodle Station G1-G5面档	Nasi Goreng Rice with Chicken Skewer/ Chicken Nuggets 印尼炒饭配鸡肉串/鸡块 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 	Shanghai Food Promotion 上海美食 Shanghai Shengjian Bao (Pan-Fried Pork Buns) 上海生煎包 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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STATION	MONDAY 4.15	TUESDAY 4.16	WEDNESDAY 4.17	THURSDAY 4.18	FRIDAY 4.19
Soup 汤	Soybean Paste Stew 大酱汤		Minced Beef & Tofu Soup 西湖牛肉羹	Congee with Mixed Beans 八宝粥	Greek Vegetable Broth 希腊蔬菜浓汤
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 	Break	 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, Cheese & Tomato 芝士培根番茄意面 Mixed Vegetable 混合什蔬 
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 千张烧小白菜 Steamed Rice 米饭 		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 Bean Puff 豆泡烧牛肉 Stir-Fried Celery with Black Fungus 地耳炒芹菜 Steamed Rice 米饭 	 Braised Chicken with Tofu 鸡肉红烧豆腐 Sautéed Zucchini 清炒小瓜 Steamed Rice 白米饭 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)
642	36.7	78.8	21.4

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STATION	MONDAY 4.15	TUESDAY 4.16	WEDNESDAY 4.17	THURSDAY 4.18	FRIDAY 4.19
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 	Break	 Cajun Chicken Panini 卡真烤鸡肉帕尼尼 Green Vegetables 炒蔬菜 	Salami Pizza 萨拉米披萨 Green Vegetables 炒蔬菜 	Bacon & Egg Panini 培根鸡蛋帕尼尼 Green Vegetables 炒蔬菜 
G1-G5 Noodle Station G1-G5面档	Japanese Sesame & Seaweed Rice 日式海苔手抓饭 Japanese Flavor Mushroom 日式风味蘑菇 		Japanese Pork Bone Noodle Soup 日式豚骨拉面 Braised Egg 卤蛋 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 	 Yunnan Rice Noodle Soup 云南过桥米线 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)
376	15.2	47.3	14.0

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STATION	MONDAY 4.22	TUESDAY 4.23	WEDNESDAY 4.24	THURSDAY 4.25	FRIDAY 4.26
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	Congee with Fish and Mushroom 生鱼冬菇粥
G1-G5 Western Set Menu A G1-G5西式套餐A	Teriyaki Chicken 照烧鸡 Sautéed Spinach 清炒菠菜 Soft Roll 软面包	Orleans Chicken Burger 奥尔良鸡腿堡 French Fries 薯条 Sautéed Vegetable 黄油时蔬	Roast Duck 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 墨西哥猪肉卷 Grilled Vegetables 烤蔬菜	Malaysia Food Festival 马来西亚美食 Beef Rendang 仁当牛肉 Sautéed Zucchini & Carrot 胡萝卜西葫芦 Coconut Rice 椰浆饭
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Stir-fry Pork with Garlic Sprouts and Fungus 蒜苗木耳炒肉片 Sautéed Cabbage with Tofu 杭白菜豆腐 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 Hanamaki 自制双色花卷	Sautéed Beef Slice with Soya Sauce 豉汁牛肉片 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	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

## 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)
575	25.4	80.5	17.6



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STATION	MONDAY 4.22	TUESDAY 4.23	WEDNESDAY 4.24	THURSDAY 4.25	FRIDAY 4.26
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 	Malaysia Food Festival 马来西亚美食  Roti John 马来西亚约翰面包 三明治 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 	 Beef Laksa 叻沙汤牛肉米粉 Green Vegetables 白灼蔬菜 	 Noodle with Plant-Based Meat and Soybean Paste 炸酱面 Green Vegetables 白灼蔬菜 	 Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜 	Malaysia Food Festival 马来西亚美食  Malaysia Char Kuey Teow (Sauteed Rice Noodle) 炒粿条 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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STATION	MONDAY 4.29	TUESDAY 4.30	WEDNESDAY 5.1	THURSDAY 5.2	FRIDAY 5.3
Soup 汤	Seaweed & Egg Soup 紫菜蛋花汤	Cabbage & Vermicelli Soup 白菜粉丝汤		Soybean Paste Stew 大酱汤	Chicken and Mushroom Soup 鸡肉蘑菇汤 
G1-G5 Western Set Menu A G1-G5西式套餐A	Curry Chicken 咖喱鸡 Mixed Vegetable 混合什蔬 Naan 印度烤饼 	Cheesy Beef Wrap 牛肉奶酪卷 Mixed Vegetable 混合什蔬 	Holiday	Pasta with Chicken & Tomato Sauce 鸡肉茄汁意面 Sautéed Zucchini & Carrot 胡萝卜西葫芦 	Hungarian Goulash 匈牙利烩牛肉 Sautéed 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 千张烧杭白菜 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 Hanamaki 自制小馒头 		Moo Shu Pork 木须肉 Sauteed Potato with Bell Pepper 彩椒土豆丝 Steamed Rice 米饭 	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 

## 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)
645	33.7	85.8	20.4

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STATION	MONDAY 4.29	TUESDAY 4.30	WEDNESDAY 5.1	THURSDAY 5.2	FRIDAY 5.3
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 	Holiday	Bacon & Egg Panini 培根鸡蛋帕尼尼 Green Vegetables 炒蔬菜 	Chicken Ham & Cheese Panini 鸡肉火腿奶酪帕尼尼 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 	Japanese Pork Bone Noodle Soup 日式豚骨拉面 Braised Egg 卤蛋 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 	Noodle with Tomato & Egg Sauce 番茄鸡蛋打卤面 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)
396	17.2	50.3	14.0