

WEEKLY MENU



Vegetarian

Seafood

Halal

FOOD & CO 食享家
by sodexo

| 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 |
| MS-HS Set Menu A 初高中 午餐套餐A | French Mustard Chicken 法式芥末烤鸡 Sautéed Zucchini 炒茭瓜 Roasted Potato 香烤土豆 | Hungarian Goulash 匈牙利烩牛肉 Sautéed Mixed Vegetable 混合时蔬 Mashed Potato 土豆泥 | Beef Cottage Pie 乡村牛肉派 Snow Pea, Carrot & Corn 青豆胡萝卜配玉米 | Braised Chicken with Tomato Sauce 红烩鸡肉 Roasted Vegetable 烤什蔬 Mashed Potatoe 土豆泥 | 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 |
| MS-HS Set Menu B 初高中 午餐套餐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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Seafood



Halal







| STATION | MONDAY 4.8 | TUESDAY 4.9 | WEDNESDAY 4.10 | THURSDAY 4.11 | FRIDAY 4.12 |
|--|--|---|--|--|---|
| MSHS Daily Special Asian 初高中亚式特式 | Sliced Fish in Hot Chili Oil 水煮鱼 Shredded Potato with Green Pepper 尖椒土豆丝 Steamed Rice 白米饭 | Braised Chicken with Lotus Root and Pepper 鲜椒莲藕烧鸡 Poached Green Vegetables 白灼蔬菜 Steamed Rice 白米饭 | Pho 越南牛肉粉 Poached Vegetable 白灼蔬菜 | Braised Pork Rice 台式卤肉饭 Braised Egg 卤蛋 Green Vegetables 白灼蔬菜 | Shanghai Food Promotion 上海美食 Braised Spareribs with Rice Cake 排骨年糕 Green Vegetables 白灼蔬菜 Scallion Oil Noodle 葱油面 |
| MSHS Daily Special Western 初高中西式特式 | Sukiyaki 日式肥牛寿喜锅 Steamed Rice 白米饭 | Fried Fish with Lemon 柠檬炸鱼 Sautéed Zucchini, Carrot & Bell Pepper 清炒西葫芦胡萝卜彩椒 Baked Potato 烤土豆 | Malaysian Roasted Chicken with Sweet Chili Sauce 马来西亚烤鸡配酸辣酱 Carrot & Spinach 胡萝卜和菠菜 Steamed Rice 米饭 | American Beef Hot Dog 美式热狗 French Fries 薯条 Mixed Vegetables 混合时蔬 Ketchup/Mustard 番茄沙司/黄芥末 | Shanghai Food Promotion 上海美食 Shanghai Smoked Fish 上海熏鱼 Sautéed Chinese Green 清炒菜心 Steamed Rice 米饭 |
| 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) |
|-----------------|----------------|---------------|-----------|
| 539 | 29.2 | 59.2 | 22.9 |

WEEKLY MENU







| 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 |
| MS-HS Set Menu A 初高中 午餐套餐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 |  Braised Beef 俄式红烩牛肉 Sautéed Vegetable 黄油时蔬 Steamed Sweet Potato 蒸红薯 | Braised Duck Breast in Orange Sauce 橙汁鸭胸 Mixed Vegetable 混合什蔬 Roasted Potato 烤土豆 | Pasta with Bacon, Cheese & Tomato 芝士培根番茄意面 Mixed Vegetable 混合什蔬 |
| MS-HS Set Menu B 初高中 午餐套餐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 |  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 |

WEEKLY MENU



| STATION | MONDAY 4.15 | TUESDAY 4.16 | WEDNESDAY 4.17 | THURSDAY 4.18 | FRIDAY 4.19 |
|---|--|-----------------|--|---|--|
| MSHS Daily Special Asian 初高中亚式特式 |  Tianshui Spicy Hot Pot 天水麻辣烫 Steamed Rice 米饭 | Break | Xin Jiang Braised Chicken 新疆大盘鸡 Braised Noodle 拉条子 Vegetable 蔬菜 | Crispy Chicken 香酥鸡腿 Sautéed Bok Choy 清炒油菜 Fried Rice with Mixed Vegetable 蔬菜炒饭 | Yunnan Rice Noodles 云南过桥米线 Sautéed Lettuce 圆生菜 Chinese Pork Hamburger 猪肉肉夹馍 |
| MSHS Daily Special Western 初高中西式特式 |  Bibimbap 石锅拌饭 Beef Slice/ Mushroom/Zucchini/ Carrot/ Bean Sprout/Egg 肥牛/蘑菇/西葫芦/ 胡萝卜/豆芽/鸡蛋 Kimchi 泡菜 | | BBQ Ribs 美式烧烤猪大排 Caribbean Vegetable Stew 加勒比慢煮炖菜 Bread 面包 |  Spaghetti/Penne 意大利直面/斜切面 Beef Bolognese 牛肉酱 Tomato Sauce 番茄酱 Mixed Vegetables 混合时蔬 |  Teriyaki Fish 日式照烧鱼 Mixed Vegetable 混合什蔬 Steamed Rice 米饭 |
| 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) |
|-----------------|----------------|---------------|-----------|
| 490 | 29.4 | 50.0 | 19.7 |

WEEKLY MENU



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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  |
| MS-HS Set Menu A 初高中 午餐套餐A | Teriyaki Chicken 照烧鸡 Sautéed Spinach 清炒菠菜 Soft Roll 软面包 | Braised Pork Sausage 红烩猪肉肠 Sautéed Vegetable 黄油时蔬 Roasted Potato 香烤土豆 | 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 | Braised Pork Meatballs 墨西哥烩猪肉丸 Grilled Vegetables 烤蔬菜 Steamed Corn 蒸玉米 | Malaysia Food Festival 马来西亚美食  Beef Rendang 仁当牛肉 Sautéed Zucchini & Carrot 胡萝卜西葫芦 Steamed Sweet Potato 蒸红薯 |
| MS-HS Set Menu B 初高中 午餐套餐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 | Shredded Pork with Bamboo Shoots 冬笋猪肉丝 Sautéed Bok Choy 清炒油菜 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) |
|-----------------|----------------|---------------|-----------|
| 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 |
|--|---|---|---|--|--|
| MSHS Daily Special Asian 初高中亚式特式 | Japanese Style Scrambled Egg with Beef 日式滑蛋牛肉 Stir-Fried Broccoli with Carrot 西兰花胡萝卜 Steamed Rice 米饭 | Sautéed Beef Slice in Hot Chilli Oil 巴蜀水煮牛肉 Stir-Fried Cabbage 清炒杭白菜 Steamed Rice 米饭 | Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜 | Roast Duck 香酥烤鸭 Tofu and Vegetables 豆腐青菜 Fried Rice 炒饭 | Malaysia Food Festival 马来西亚美食 Beef Laksa 叻沙汤牛肉米粉 Green Vegetables 白灼蔬菜 |
| MSHS Daily Special Western 初高中西式特式 | Spanish Garlic Chicken with Bread 西班牙蒜香鸡腿配面包 Spanish Vegetable Stew 西班牙风味炖菜 | Lahori Chicken Curry 印度咖喱鸡 Sautéed Mixed Vegetables 田园混合时蔬 Naan 印度烤饼 | Roasted Chicken with Rosemary 迷迭香烤春鸡 Mixed Vegetable 混合时蔬 Homemade Soft Roll 自制小软包 | Braised Meatloaf 美式烘烤牛肉饼 Mushroom and Cauliflower 烤蘑菇和花菜 Roasted Potato 烤土豆 | Malaysia Food Festival 马来西亚美食 Bak-Kut Teh 肉骨茶 Mixed Vegetable 混合什蔬 Deep fried Dough Sticks 油条 |
| 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) |
|-----------------|----------------|---------------|-----------|
| 538 | 37.8 | 62.9 | 17.1 |

WEEKLY MENU













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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 |
| MS-HS Set Menu A 初高中 午餐套餐A | Roast Chicken 香烤鸡胸 Mixed Vegetable 混合什蔬 Steamed Corn 蒸玉米  | Braised Beef Meatball 瑞典牛肉丸 Mixed Vegetable 混合什蔬 Roasted Potato 烤土豆  | 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  |
| MS-HS Set Menu B 初高中 午餐套餐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  | Sautéed 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 Sautéed 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 |

WEEKLY MENU



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Halal



| STATION | MONDAY 4.29 | TUESDAY 4.30 | WEDNESDAY 5.1 | THURSDAY 5.2 | FRIDAY 5.3 |
|---|--|--|------------------|--|---|
| MSHS Daily Special Asian 初高中亚式特式 | Hainan Chicken 海南鸡 Chicken Rice 鸡饭 Poached Vegetable 白灼蔬菜 | Lanzhou Beef Noodle Soup 兰州牛肉面 Green Vegetables 白灼蔬菜 | Holiday | Braised Sparerib 红烧排骨 Sautéed Cabbage with Vermcelli 粉条包菜 Steamed Rice 白米饭 | Steamed Chicken & Mushroom 菌菇蒸鸡 Sautéed Cabbage with Chili Pepper 炆炒包菜 Steamed Rice 米饭 |
| MSHS Daily Special Western 初高中西式特式 | Korean Budae Jjigae 韩式部队锅 Egg Noodle 鸡蛋面 Kimchi 韩式泡菜 | Deep-Fried Pork Chop 日式风味炸猪排 Mix Vegetable 混合时蔬 Mashed Potato 奶香土豆泥 | | Beef Lasagna 牛肉千层面 Sautéed Vegetable 黄油时蔬 | Beef Cheeseburger 牛肉芝士汉堡 French Fries 薯条 Mixed Vegetable 混合什蔬 |
| 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) |
|-----------------|----------------|---------------|-----------|
| 487 | 29.4 | 51.5 | 18.7 |