

# WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 5.6	TUESDAY 5.7	WEDNESDAY 5.8	THURSDAY 5.9	FRIDAY 5.10
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	Creamy Mushroom Soup 奶油蘑菇汤
G1-G5 Western Set Menu A G1-G5西式套餐A	<b>NEW</b> Mexican Braised Chicken with Potato 墨西哥土豆烩鸡 Sautéed Zucchini 炒茭瓜 Tortilla 墨西哥饼	Braised Sausage 红烩猪肉肠 Sautéed Vegetable 黄油时蔬 Roasted Potato 烤土豆	 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 Couscous 古斯米
G1-G5 Chinese Set Menu B G1-G5中式套餐B	<b>NEW</b> Beginning of Summer (Li Xia) – 立夏 Hakka Braised Pork, Eggplant & Tofu 客家猪肉茄 烧 腐 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	<b>NEW</b> Braised Chicken 家烧 地鸡 Stir Fried Pak Choi 清炒奶白菜 Steamed Rice 米饭 Hanamaki 自制燕麦馒头	Braised Duck Breast 酱鸭胸 Scrambled Egg with Tomato 番茄炒蛋 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	32.5	76.0	20.9

# WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 5.6	TUESDAY 5.7	WEDNESDAY 5.8	THURSDAY 5.9	FRIDAY 5.10
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 猪肉火腿奶酪帕尼尼 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 印尼炒饭配鸡肉串 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 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

# WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while

















Vegetarian



Seafood



Halal

STATION	MONDAY 5.13	TUESDAY 5.14	WEDNESDAY 5.15	THURSDAY 5.16	FRIDAY 5.17
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	 Korean Tofu Soup 嫩豆腐汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Fish Pasta with Cream Sauce  鱼肉奶油汁意面 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 	 Korean Food Promotion 韩国美食 Korean Fried Chicken 韩式炸鸡 Mixed Vegetable 混合什蔬 Roasted Potato 烤土豆 
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Braised Pork with Taro 芋头红烧肉 Sautéed Zucchini with Egg and Black Fungus 莴笋木耳炒蛋 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	Kung Pao Chicken 宫保鸡丁 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕 	Braised Fish and Tofu  鱼肉烧豆腐 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	 Braised Beef with Potato 土豆烧牛肉 Stir-Fried Cabbage with Tofu 杭白菜烧豆腐 Steamed Rice 米饭 	Shredded Pork with Bamboo Shoots 冬笋猪肉丝 Stir-fry Fungus and Celery 木耳芹菜 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)
650	36.7	80.8	21.4

# WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while





Vegetarian



Seafood



Halal

STATION	MONDAY 5.13	TUESDAY 5.14	WEDNESDAY 5.15	THURSDAY 5.16	FRIDAY 5.17
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	Pesto Chicken Sandwich 青酱鸡肉三明治 Green Vegetables 炒蔬菜	Salami Pizza 萨拉米披萨 Green Vegetables 炒蔬菜	Korean Food Promotion 韩国美食 <b>NEW</b> Sauteed Korean Rice Cake with Chicken 韩式鸡肉炒年糕 Green Vegetables 炒蔬菜
G1-G5 Noodle Station G1-G5面档	 Beijing Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜	Japanese Sesame & Seaweed Rice 日式海苔鸡肉手抓饭 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	 Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜	Korean Food Promotion 韩国美食 <b>NEW</b> Korean Mixed Rice with Beef 韩式牛肉拌饭 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

# WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 5.20	TUESDAY 5.21	WEDNESDAY 5.22	THURSDAY 5.23	FRIDAY 5.24
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	Hongkong Style Vermicelli Soup 碗仔素翅羹
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	Mexican Chicken Rolls 墨西哥鸡肉卷 Grilled Vegetables 烤蔬菜	Pasta Bolognese 牛肉肉酱意面 Sautéed Zucchini & Carrot 胡萝卜西葫芦
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Lesser Fullness of Grain (Xiao Man) – 小满 Stewed Pork with Satay Sauce 潮汕沙茶焗猪 Wok-Fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Braised Fish With Soybean Sauce 酱焖鱼 Sautéed Cabbage with Tofu 小白菜豆腐 Steamed Rice 米饭 Hanamaki 自制双色花卷	Sautéed Beef with Soya Sauce 豉汁牛肉 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 Corn 蒸玉米	Hongkong Food Promotion 香港美食 Steamed Chicken with Scallion Oil 葱油鸡 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)
595	30.4	80.5	17.5

# WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 5.20	TUESDAY 5.21	WEDNESDAY 5.22	THURSDAY 5.23	FRIDAY 5.24
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 牛肉火腿奶酪帕尼尼 Green Vegetables 炒蔬菜	Tuna Panini 金枪鱼帕尼尼 Green Vegetables 炒蔬菜	Hongkong Food Promotion 香港美食 Egg & Vegetable Sandwich 滑蛋蔬菜三明治 Green Vegetables 炒蔬菜
G1-G5 Noodle Station G1-G5 面档	Braised Eggplant and Pork Noodle 茄子肉丁打卤面 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	Hongkong Food Promotion 香港美食 Hongkong Cart Noodle 车仔面 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	18.3	49.7	13.8

# WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 5.27	TUESDAY 5.28	WEDNESDAY 5.29	THURSDAY 5.30	FRIDAY 5.31
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 黑芝麻汤圆
G1-G5 Western Set Menu A G1-G5西式套餐A	Thai Curry Chicken 泰式咖喱鸡 Mixed Vegetable 混合什蔬 Soft Roll 软面包	<b>NEW</b> Seafood Risotto 意式海鲜奶酪焗饭 Mixed Vegetable 混合什蔬	 Braised Beef 红烩牛肉 Sautéed Vegetable 黄油时蔬 Garlic Bread 蒜香面包	Pasta with Chicken & Tomato Sauce 鸡肉茄汁意面 Sautéed Zucchini & Carrot 胡萝卜西葫芦	<b>NEW</b> Swedish Beef Meatball 瑞典风味牛肉丸 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 鱼香肉丝 (不辣) Braised Cabbage with Bean Curd 千张烧白菜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Sautéed Duck with Soya Bean Sauce 小炒鸭 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Hanamaki 自制香葱花卷	Braised Fish with Mushroom 蘑菇烧鱼 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Stir fried Pork with Tofu 猪肉炒千叶豆腐 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭	Sweet & Sour Chicken 菠萝咕咾鸡 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 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)
661	36.7	85.8	21.0

# WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 5.27	TUESDAY 5.28	WEDNESDAY 5.29	THURSDAY 5.30	FRIDAY 5.31
G1-G5 Sandwich Station G1-G5三明治档口	Tuna Panini 金枪鱼帕尼尼 Green Vegetables 炒蔬菜 	Ham & Cheese Panini 火腿奶酪帕尼尼 Green Vegetables 炒蔬菜 	Bacon & Egg Panini 培根鸡蛋帕尼尼 Green Vegetables 炒蔬菜 	Crab Willow Pizza 蟹柳披萨 Green Vegetables 炒蔬菜 	Lyonnaise Sausage Panini 里昂那香肠帕尼尼 Green Vegetables 炒蔬菜 
G1-G5 Noodle Station G1-G5面档	 Pasta with Sausage 意式香肠意面 Green Vegetables 白灼蔬菜 	 Noodle with Tomato & Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜 	 Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜 	 Chicken Rougamo 鸡肉肉夹馍 Green Vegetables 白灼蔬菜 	 Children's Day Special 儿童节特式 Special Noodle with Soybean Paste 儿童节彩色炸酱面 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