

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal



STATION	MONDAY 4.7	TUESDAY 4.8	WEDNESDAY 4.9	THURSDAY 4.10	FRIDAY 4.11
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	Shanxi Meatball & Mixed Vegetable Soup 山西杂汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Teriyaki Chicken 照烧鸡 Sautéed Spinach 清炒菠菜 Roasted Potato 香烤土豆	Beef Hot Dog 牛肉热狗 Mixed Vegetable 混合什蔬	Pasta Bolognese 肉酱意面 Mixed Vegetable 混合什蔬	Breaded Chicken & Cheese With Mornay Sauce 芝士鸡胸肉配奶油酱 Grilled Zucchini 烤青瓜 Mashed Potato 土豆泥	Curry Beef 咖喱牛肉 Mixed Vegetable 混合什蔬 Garlic Bread 蒜香面包
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Braised Fish Fillets 红烧鱼 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭	Sweet and Sour Pork 溜肉段 Sautéed Lettuce with Egg and Black Fungus 莴笋木耳炒鸡蛋 Steamed Rice 米饭 Hanamaki 自制燕麦馒头	Kung Pao Chicken 宫保鸡丁 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭	Taiwan Style Marinated Pork with Vegetable on Rice 台式卤肉饭	Shanxi Food Promotion 山西美食节 Shanxi Sautéed Pork 山西过油肉 Shanxi Stewed Mixed Vegetable 山西大烩菜 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)
640	31.5	76.0	20.9

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STATION	MONDAY 4.7	TUESDAY 4.8	WEDNESDAY 4.9	THURSDAY 4.10	FRIDAY 4.11
G1-G5 Sandwich Station G1-G5三明治档口	Beef Panini 牛肉帕尼尼	Smoked Chicken Pizza 地中海烟熏鸡肉披萨	Ham & Cheese Panini 火腿奶酪帕尼尼	Tuna Panini 金枪鱼帕尼尼 	 Shanxi Food Promotion 山西美食节 Fried Sweet Cake 泡泡油糕
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	Noodle with Plant-Based Meat and Soybean Paste 炸酱面 Green Vegetables 白灼蔬菜	Chicken Rice Noodle in Marinated Soup 卤汤鸡腿米粉 Green Vegetables 白灼蔬菜	 Lanzhou Beef Noodle Soup 兰州牛肉拉面 Green Vegetables 白灼蔬菜	 Shanxi Food Promotion 山西美食节 Shanxi Sliced Noodle 刀削面
Beverage 饮品	Milk/Yogurt+ Fruit 牛奶/酸奶+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 4.14	TUESDAY 4.15	WEDNESDAY 4.16	THURSDAY 4.17	FRIDAY 4.18
Soup 汤	Soybean Paste Stew 大酱汤	Green Bean Soup 绿豆汤	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	Korean Fried Chicken 韩式炸鸡 Korean Rice Cake 韩式炒年糕	 Greek Moussaka 希腊牛肉茄盒 Sautéed Zucchini with Carrot 西葫芦胡萝卜	 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	Shanghai Style Braised Chicken 上海白斩鸡 Sautéed Cabbage 清炒圆白菜 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	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 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	Braised Chicken with Tofu 鸡肉红烧豆腐 Sauteed Zucchini 清炒小瓜 Steamed Rice 白米饭

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)
642	36.7	78.8	21.4

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STATION	MONDAY 4.14	TUESDAY 4.15	WEDNESDAY 4.16	THURSDAY 4.17	FRIDAY 4.18
G1-G5 Sandwich Station G1-G5三明治档口	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼 	Salami Pizza 萨拉米披萨 	Cajun Chicken Panini 卡真烤鸡肉帕尼尼 	Lyonnais Sausage Panini 里昂那香肠帕尼尼 	Pesto Chicken Sandwich 青酱鸡肉三明治 
G1-G5 Noodle Station G1-G5面档	Pork Rice Noodle with Mushroom 香菇猪肉汤粉 Green Vegetables 白灼蔬菜 	Shanghai Shengjian Bao (Pan-Fried Pork Buns) 上海生煎包 Green Vegetables 白灼蔬菜 	Yibin Burning Noodles 宜宾燃面 Green Vegetables 白灼蔬菜 	Yunnan Rice Noodle Soup 云南过桥米线 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 
Beverage 饮品	Milk/Yogurt+ Fruit 牛奶/酸奶+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 4.21	TUESDAY 4.22	WEDNESDAY 4.23	THURSDAY 4.24	FRIDAY 4.25
Soup 汤	Jujube and Tremella Soup 红枣银耳汤	Tomato & Egg Soup 番茄蛋花汤	Cream of Pumpkin Soup 奶油南瓜汤		Japanese Miso Soup 日式味噌汤
G1-G5 Western Set Menu A G1-G5西式套餐A	 Orleans Chicken Burger 奥尔良鸡腿堡 French Fries 薯条 Sautéed Vegetable 黄油时蔬 	French Mustard Chicken 法式芥末烤鸡 Sautéed Spinach 清炒菠菜 Soft Roll 软面包 	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 	Day Off	 Hungarian Goulash 匈牙利烩牛肉 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	 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 	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 	 Braised Beef with Turnip 萝卜牛腩 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 		 Japan Food Festival 日本美食节 Braised Chicken with Egg on Rice 日式亲子饭 Japanese Flavor Mushroom 日式风味蘑菇 

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 4.21	TUESDAY 4.22	WEDNESDAY 4.23	THURSDAY 4.24	FRIDAY 4.25
G1-G5 Sandwich Station G1-G5三明治档口	Beef Panini 牛肉帕尼尼 	Pineapple & Ham Pizza 菠萝火腿披萨 	Ham & Cheese Panini 猪肉火腿奶酪帕尼尼 	Day Off	 Japan Food Festival 日本美食节 Taiyaki 鲷鱼烧 
G1-G5 Noodle Station G1-G5面档	  Malaysia Char Kuey Teow (Sauteed Rice Noodle) 牛肉炒粿条 Green Vegetables 白灼蔬菜 	 Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜 	 Noodle with Plant-Based Meat and Soybean Paste 炸酱面 Green Vegetables 白灼蔬菜 		 Japan Food Festival 日本美食节 Japanese Buckwheat Noodle 日式荞麦面 Green Vegetables 白灼蔬菜 
Beverage 饮品	Milk/Yogurt+ Fruit 牛奶/酸奶+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 4.28	TUESDAY 4.29	WEDNESDAY 4.30	THURSDAY	FRIDAY
Soup 汤	Seaweed & Egg Soup 紫菜蛋花汤	Cabbage & Vermicelli Soup 白菜粉丝汤	Soybean Paste Stew 大酱汤		
G1-G5 Western Set Menu A G1-G5西式套餐A	Roasted Chicken with Gravy 美式烤鸡 Sauteed Broccoli with Cauliflower 双色菜花 Roasted Potato 香烤土豆 	Fish & Chips  炸鱼薯条 Sauteed Vegetable 黄油时蔬 	Teriyaki Chicken 照烧鸡 Roasted Vegetable 烤什蔬 Homemade Soft Roll 自制小餐包 	Holiday	Holiday
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Yu-Shiang Shredded Pork 鱼香肉丝 Braised Cabbage with Bean Curd 千张烧杭白菜 Steamed Rice 米饭 	Sauteed Chicken with Soya Bean Sauce 豉椒鸡 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Hanamaki 自制小馒头 	Steamed Meat Pie with Mushroom 香菇蒸肉饼 Sauteed Potato with Bell Pepper 彩椒土豆丝 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)
645	33.7	85.8	20.4

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STATION	MONDAY 4.28	TUESDAY 4.29	WEDNESDAY 4.30	THURSDAY	FRIDAY
G1-G5 Sandwich Station G1-G5三明治档口	Tuna Panini 金枪鱼帕尼尼 	Lyonnaisse Sausage Panini 里昂那香肠帕尼尼 	Egg & Cucumber Sandwich 鸡蛋黄瓜三明治 		
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 	Noodle with Tomato & Egg Sauce 番茄鸡蛋打卤面 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 		
Beverage 饮品	Milk/Yogurt+ Fruit 牛奶/酸奶+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