

WEEKLY MENU

STATION	MONDAY 4.7	TUESDAY 4.8	WEDNESDAY 4.9	THURSDAY 4.10	FRIDAY 4.11
ES Morning Snack 小学上午 间点	Banana Bread 香蕉包 Milk 牛奶	Muffin 玛芬 100% Juice 100%果汁	Steamed Custard Bun 奶黄包 Lemon Water 柠檬水	Red Bean Pastry 红豆饼 Milk 牛奶	Strawberry Fruit Jam Roll 草莓果酱卷 100% Juice 100%果汁
ES Afternoon Snack 小学下午 间点	French Toast 法式吐司 Mung Bean Soup 绿豆汤	Meat Floss Bun 肉松面包 Fruit Infused Water 果泡水	Danish 丹麦 Red Bean Paste with Coconut Milk 椰奶红豆沙	Waffle 华夫饼 Pear and Water Chestnut Soup 冰糖雪梨马蹄水	Chiffon Cake 戚风蛋糕 Fruit Infused Water 果泡水

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)
244	9.6	35.3	7.2

WEEKLY MENU

STATION	MONDAY 4.14	TUESDAY 4.15	WEDNESDAY 4.16	THURSDAY 4.17	FRIDAY 4.18
ES Morning Snack 小学上午 间点	Chocolate Cake 巧克力蛋糕 Milk 牛奶	Salted Egg Yolk Pastry 咸蛋黄一口酥 Fruit Infused Water 果泡水	Milk-flavored Bean Paste Roll 奶香豆沙卷 100% Juice 100%果汁	Egg Tart 蛋挞 Milk 牛奶	Dorayaki 铜锣烧 Fruit Infused Water 果泡水
ES Afternoon Snack 小学下午 间点	Salty Cheese Crackers 咸味芝士饼干 100% Juice 100%果汁	Purple Sweet Potato Bread 紫薯包 Apple Pear Soup 苹果梨汤	Honey Cake 蜂蜜蛋糕 Mung Bean Soup 绿豆汤	Banana Bread 香蕉包 Lemon, Cucumber & Mint Water 柠檬黄瓜薄荷水	Swiss Roll 瑞士卷 100% Juice 100%果汁

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)
252	10.0	32.3	9.0

WEEKLY MENU

STATION	MONDAY 4.21	TUESDAY 4.22	WEDNESDAY 4.23	THURSDAY 4.24	FRIDAY 4.25
ES Morning Snack 小学上午 间点	Chiffon Cake 戚风蛋糕 100% Juice 100%果汁	Fruit Jam Roll 果酱卷 Milk 牛奶	Green Bean Pastry 绿豆饼 100% Juice 100%果汁	Day Off	Dorayaki 铜锣烧 Milk 牛奶
ES Afternoon Snack 小学下午 间点	Sausage Rolls 香肠卷 Mung Bean Soup 绿豆汤	Mini Croissant 小牛角 Honey & Jujube Water 蜂蜜红枣水	Waffle 华夫饼 Fruit Infused Water 果泡水		Chocolate Muffin 巧克力玛芬 Fruit Infused Water 果泡水

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)
249	10.1	35.3	7.5

WEEKLY MENU

STATION	MONDAY 4.28	TUESDAY 4.29	WEDNESDAY 4.30	THURSDAY	FRIDAY
ES Morning Snack 小学上午 间点	Egg Tart 蛋挞 Milk 牛奶	Steamed Egg Custard Bun 流沙包 100% Juice 100%果汁	Salted Egg Yolk Pastry 咸蛋黄一口酥 Passion Fruit and Lemon Water 百香果柠檬水	Holiday	Holiday
ES Afternoon Snack 小学下午 间点	Red Bean Pastry 红豆饼 Lemon & Honey Water 柠檬蜂蜜水	Pineapple Bun 菠萝包 Apple Pear Soup 苹果梨汤	Osmanthus Cake 桂花糕 Fruit Infused Water 果泡水		

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)
253	11.5	33.5	8.3