

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
Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
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 山西汆汤 
KGT Chinese 幼儿园中式	Braised Fish Fillets 红烧鱼  Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜 	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 Steamed Purple Sweet Potato 蒸紫薯 	Kung Pao Chicken 宫保鸡丁 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Hanamaki 自制燕麦馒头 	Taiwan Style Marinated Pork with Vegetable on Rice 台式卤肉饭 Steamed Corn 蒸玉米 	Shanxi Food Promotion 山西美食节 Shanxi Sliced Noodle 刀削面  
KGT Western 幼儿园西式	Teriyaki Chicken 照烧鸡 	Smoked Chicken Pizza 地中海烟熏鸡肉披萨 	Pasta Bolognese  肉酱意面 	Tuna Panini  金枪鱼帕尼尼 	 Curry Beef 咖喱牛肉 

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)
451	32.1	43.3	13.8

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STATION	MONDAY 4.14	TUESDAY 4.15	WEDNESDAY 4.16	THURSDAY 4.17	FRIDAY 4.18
Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
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
KGT Chinese 幼儿园中式	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 Corn 蒸玉米	Shanghai Style Braised Chicken 上海白斩鸡 Sautéed Cabbage 清炒圆白菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Steamed Fish in Soya Sauce 清蒸鱼 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	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 Sautéed Zucchini 清炒小瓜 Steamed Rice 白米饭
KGT Western 幼儿园西式	Beef Ham & Cheese Panini 牛肉火腿奶酪 帕尼尼	Salami Pizza 萨拉米披萨	Beef Lasagna 牛肉千层面	Curry Chicken 印度咖喱鸡 Naan 印度烤饼	Pasta with Bacon, Cheese & Tomato 芝士培根番茄意面

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)
499	31.9	58.0	16.6

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STATION	MONDAY 4.21	TUESDAY 4.22	WEDNESDAY 4.23	THURSDAY 4.24	FRIDAY 4.25
Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条		Vegetable Stick 蔬菜条
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
KGT Chinese 幼儿园中式	NEW TRY NOW 4.21.22 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 Steamed Purple Sweet Potato 蒸紫薯 😊	🍽️ Braised Beef with Turnip 萝卜牛腩 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Hanamaki 自制双色花卷 😊	Day Off	NEW TRY NOW 4.25.22 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 😊
KGT Western 幼儿园西式	🍽️ Orleans Chicken Burger 奥尔良鸡腿堡 😊	Pineapple & Ham Pizza 菠萝火腿披萨 😞	Ham & Cheese Sandwich 猪肉火腿奶酪三明治 😞		NEW TRY NOW 4.25.22 Japanese Food Festival 日本美食节 Japanese Buckwheat Noodle 日式荞麦面 😊

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)
432	24.9	56.8	12.6

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STATION	MONDAY 4.28	TUESDAY 4.29	WEDNESDAY 4.30	THURSDAY	FRIDAY
Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条		
Soup 汤	Seaweed & Egg Soup 紫菜蛋花汤	Cabbage & Vermicelli Soup 白菜粉丝汤	Soybean Paste Stew 大酱汤		
KGT Chinese 幼儿园中式	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 Steamed Sweet Potato 蒸红薯	Steamed Meat Pie with Mushroom 香菇蒸肉饼 Sauteed Potato with Bell Pepper 彩椒土豆丝 Steamed Rice 米饭 Hanamaki 自制小馒头	Holiday	Holiday
KGT Western 幼儿园西式	Roasted Chicken with Gravy 美式烤鸡 Roasted Potato 香烤土豆	Tuna Panini 金枪鱼帕尼尼	Teriyaki Chicken 照烧鸡		

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)
483	30.9	55.0	16.6