

WEEKLY MENU



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 
Daily Western Special 西式特式	Chicken Fricassee 佛理卡西鸡腿 Roasted Cauliflower with Olive Oil 橄榄油烤花菜 Roasted Potato 香烤土豆 	Turkish Roast Chicken 土耳其烤鸡 Grilled Vegetable 烤时蔬 Pita Bread 口袋饼 	Fried Chicken with Waffle 炸鸡配华夫饼 Sauteed Seasonal Vegetable 混合时蔬 	 American Hot Dog 美式牛肉热狗 French Fries 薯条 Mixed Vegetables 混合时蔬 Ketchup/Mustard 番茄沙司/黄芥末 	 Curry Beef 咖喱牛肉 Mixed Vegetable 混合什蔬 Bread 餐包 
Daily Asian Special 亚式特式	Cantonese Pot Rice with Sausage & Cured Meat 腊味煲仔饭 Sautéed Cabbage 清炒快菜 	Braised Spareribs with Rice Cake 上海排骨年糕 Seasonal Vegetable in Broth 上汤时蔬 Yangzhou Fried Rice 扬州炒饭 	 Japanese Beef Sukiyaki 日式肥牛寿喜锅 Steamed Rice 米饭 	Thai Fried Rice with Pork and Egg 泰式打抛猪肉饭 	 Shanxi Food Promotion 山西美食节 Shanxi Sauteed Pork 山西过油肉 Shanxi Stewed Mixed Vegetable 山西大烩菜 Steamed Rice 米饭 
Noodle Bar 面档	Sichuan Dan Dan Noodle 担担面 	 Pasta Bolognese 肉酱意面 	Sichuan Sour & Hot Glass Noodles with Rougamo 酸辣粉配肉夹馍 	Japanese Pork Bone Ramen 日式豚骨拉面 	Shanxi Food Promotion 山西美食节 Shanxi Sliced Noodle 刀削面 

WEEKLY MENU



STATION	MONDAY 4.7	TUESDAY 4.8	WEDNESDAY 4.9	THURSDAY 4.10	FRIDAY 4.11
Chinese Station -Set Menu 中式	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	Kung Pao Chicken 宫保鸡丁 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭	Hunan Spicy Chicken 湖南麻辣子鸡 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭	Shredded Pork with Garlic Sauce 鱼香肉丝 Stir-fry Vermicelli with Celery 芹菜炒粉条 Steamed Rice 米饭
Sandwich 三明治	Roast Beef Panini 烤牛肉帕尼尼	Smoked Chicken Pizza 地中海烟熏鸡肉披萨	Ham & Mozzarella Cheese Sandwich 火腿芝士三明治	Pulled Pork Panini 美式手撕猪肉帕尼尼	Tuna Panini 金枪鱼帕尼尼
Salad Bar 沙拉吧	4 Kinds of Vegetable 4款鲜蔬				
	2 Kinds of Whole Grains 2款杂粮				
	2 Kinds of Fruits 2款水果				
	2 Kinds of Dressing 2款酱汁				
Nutritional 营养搭配	Milk/Yogurt 牛奶/酸奶				

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)
812	47.1	88.8	31.0

WEEKLY MENU



Vegetarian



Seafood



Halal



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
Daily Western Special 西式特式	 Braised Meatloaf 美式烘烤牛肉饼 Mushroom and Cauliflower 烤蘑菇和花菜 Roasted Potato 烤土豆	BBQ Ribs 香橙烧烤酱猪里脊 Mixed Vegetable 混合时蔬 Pasta 意面	 Beef Cheeseburger 牛肉芝士汉堡 Pickles/Tomato/Cheese 酸黄瓜/番茄/芝士 Roasted Potato Wedges 烤薯角	Roasted Chicken with Rosemary 迷迭香烤春鸡 Mixed Vegetable 混合时蔬 Bread 餐包	 Beef Lasagna 牛肉千层面 Sauteed Vegetable 黄油时蔬
Daily Asian Special 亚式特式	Korean Fried Chicken with Sweet & Spicy Sauce 韩式炸鸡配甜辣酱 Korean Rice Cake 韩式炒年糕 Kimchi 泡菜	 Braised Beef with Sichuan Pepper 鲜藤椒雪花牛肉 Stir-Fried Cabbage 清炒杭白菜 Steamed Rice 米饭	Chicken Biryani 印度鸡肉香饭 Sautéed Spinach 炒菠菜	Korean Style Roast Pork Belly with Rice 韩式五花肉拌饭	Sauteed Chicken with Chili Pepper 辣子鸡 Mapo Tofu 麻婆豆腐 Steamed Rice 米饭
Noodle Bar 面档	Xin Jiang Braised Chicken 新疆大盘鸡 Braised Noodle 拉条子	Cantonese Dim Sum Platter 广式点心拼盘	Shaanxi Biang Biang Noodle 陕西Biangbiang面	 Braised Beef Noodle Soup 红烧牛肉面	Braised Pork Noodle 岐山臊子面

WEEKLY MENU



STATION	MONDAY 4.14	TUESDAY 4.15	WEDNESDAY 4.16	THURSDAY 4.17	FRIDAY 4.18
Chinese Station 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	Shanghai Style Braised Chicken 上海白斩鸡 Sautéed Cabbage 清炒圆白菜 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 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
Sandwich 三明治	Black Pepper Beef Panini 黑椒牛肉帕尼尼	Malaysian Chicken Curry Sandwich 马来西亚咖喱鸡肉三明治	Cajun Chicken Panini 卡真烤鸡肉帕尼尼	Lyonnaise Sausage Panini 里昂那香肠帕尼尼	Pesto Chicken Sandwich 青酱鸡肉三明治
Salad Bar 沙拉吧	4 Kinds of Vegetable 4款鲜蔬				
Nutritional 营养搭配	2 Kinds of Whole Grains 2款杂粮				
	2 Kinds of Fruits 2款水果				
	2 Kinds of Dressing 2款酱汁				
	Milk/Yogurt 牛奶/酸奶				

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)
794	47.0	88.8	29.8

WEEKLY MENU



Vegetarian



Seafood



Halal



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
Daily Western Special 西式特式	Buffalo Chicken Wings 美式水牛城辣翅 Vegetable Sticks 蔬菜条 French Fries 薯条	 Beef Fajita 墨西哥法吉塔牛肉卷 Tomato Salsa 番茄莎莎 Guacamole 牛油果酱 Nachos 玉米片	German Fried Pork Chop with Hunter Mushroom Sauce 德式炸猪排配猎人蘑菇酱 Roasted Vegetable 烤蔬菜 Poached Potatoes 煮土豆	Day Off	 Japan Food Festival 日本美食节 Kanto Stew 关东煮 Vegetable Tempura 蔬菜天妇罗
Daily Asian Special 亚式特式	 Teriyaki Beef Rice with Enoki Mushroom 照烧金针菇肥牛饭	Hainan Chicken Rice 海南鸡饭	 Tianshui Spicy Hot Pot 天水麻辣烫 Steamed Rice 米饭		 Japan Food Festival 日本美食节 Unagi Don 鳗鱼盖饭  Sauteed Spinach with Sesame 芝麻菠菜
Noodle Bar 面档	 Cantonese Fried Rice Noodle with Beef 干炒牛河	Chongqing Noodle 重庆小面	 Beef Rice Noodle in Sour Broth 酸汤肥牛粉		Japan Food Festival 日本美食节 Japanese Stir-fry Udon with Beef  日式炒牛肉乌冬

WEEKLY MENU



STATION	MONDAY 4.21	TUESDAY 4.22	WEDNESDAY 4.23	THURSDAY 4.24	FRIDAY 4.25
Chinese Station 中式	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	Braised Beef with Turnip 萝卜牛腩 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	Day Off	Poached Spicy Pork 水煮肉 Sautéed Winter Melon 烧冬瓜 Steamed Rice 米饭
Sandwich 三明治	Texas Roast Beef & Cheese Panini 德克萨斯牛肉奶酪帕尼尼	Pineapple & Ham Pizza 菠萝火腿披萨	BLT Sandwich 培根生菜番茄三明治		Black Pepper Beef Panini 黑椒牛肉帕尼尼
Salad Bar 沙拉吧	4 Kinds of Vegetable 4款鲜蔬				
	2 Kinds of Whole Grains 2款杂粮				
	2 Kinds of Fruits 2款水果				
	2 Kinds of Dressing 2款酱汁				
Nutritional 营养搭配	Milk/Yogurt 牛奶/酸奶				

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)
814	47.0	91.5	29.0

WEEKLY MENU



Vegetarian



Seafood



Halal



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		
Daily Western Special 西式特式	Orleans Roast Chicken 奥尔良烤鸡 Sauteed Vegetables 黄油时蔬 Pasta 意面	Fried Fish with Lemon 柠檬炸鱼  Sauteed Zucchini, Carrot & Bell Pepper 清炒西葫芦胡萝卜彩椒 Baked Potato 烤土豆	Pork Chop & Bacon Cheeseburger 猪排培根双层芝士汉堡 Pickles/Tomato/Cheese 酸黄瓜/番茄/芝士 Roasted Potato Wedges 烤薯角	Holiday	Holiday
Daily Asian Special 亚式特式	Hot-Spicy Pot 麻辣香锅 Steamed Rice 米饭	Korean Budae Jjigae 韩式部队锅 Egg Noodle 鸡蛋面 Kimchi 韩式泡菜	Japanese Style Scrambled Egg with Beef  日式滑蛋牛肉 Stir-Fried Broccoli with Carrot 西蓝花胡萝卜 Steamed Rice 米饭		
Noodle Bar 面档	 Lanzhou Beef Noodle Soup 兰州牛肉面	Cantonese Dim Sum Platter 广式点心拼盘	Hunan Rice Noodle Soup with Pork 湖南汤米粉		

WEEKLY MENU



STATION	MONDAY 4.28	TUESDAY 4.29	WEDNESDAY 4.30	THURSDAY	FRIDAY
Chinese Station 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 Meat Pie with Mushroom 香菇蒸肉饼 Sauteed Potato with Bell Pepper 彩椒土豆丝 Steamed Rice 米饭	Holiday	Holiday
Sandwich 三明治	Tuna Panini 金枪鱼帕尼尼	Lyonnaise Sausage Panini 里昂那香肠帕尼尼	Salami Pizza 萨拉米披萨		
Salad Bar 沙拉吧	4 Kinds of Vegetable 2 Kinds of Whole Grains 2 Kinds of Fruits 2 Kinds of Dressing 4款鲜蔬 2款杂粮 2款水果 2款酱汁				
Nutritional 营养搭配	Milk/Yogurt 牛奶/酸奶				

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)
826	47.1	90.5	30.7