

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal



STATION	MONDAY 5.5	TUESDAY 5.6	WEDNESDAY 5.7	THURSDAY 5.8	FRIDAY 5.9
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	Breaded Chicken & Cheese With Mornay Sauce 芝士鸡胸肉配奶油酱 Grilled Zucchini 烤青瓜 Soft Roll 软面包 	BBQ Pork Chop 烤猪扒 Sauteed Vegetable 黄油时蔬 Roasted Potato 烤土豆 	 Beef 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 	Swedish Beef Meatball 瑞典风味牛肉丸 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	Hakka Braised Pork, Eggplant & Tofu 客家猪肉茄 烧 腐 Sauteed Potato with Bell Pepper 彩椒土豆丝 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	Braised Chicken 家烧走地鸡 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 	Taiwan Style Marinated Pork with Vegetable on Rice 台式卤肉饭 	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 5.5	TUESDAY 5.6	WEDNESDAY 5.7	THURSDAY 5.8	FRIDAY 5.9
G1-G5 Sandwich Station G1-G5三明治档口	Beef Panini 牛肉帕尼尼 	Bacon & Egg Panini 培根鸡蛋帕尼尼 	Ham & Cheese Panini 猪肉火腿奶酪帕尼尼 	Tuna Panini 金枪鱼帕尼尼  	Smoked Chicken Pizza 地中海烟熏鸡肉披萨 
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 	 Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜 	Chicken Rice Noodle in Marinated Soup 卤汤鸡腿米粉 Green Vegetables 白灼蔬菜 	 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+ 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

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal



STATION	MONDAY 5.12	TUESDAY 5.13	WEDNESDAY 5.14	THURSDAY 5.15	FRIDAY 5.16
Soup 汤	Soybean Paste Stew 韩式大酱汤	Egg & Corn Soup 鸡茸粟米羹	Minced Beef & Tofu Soup 西湖牛肉羹	Congee with Mixed Beans 八宝粥	Green Bean Soup 绿豆汤
G1-G5 Western Set Menu A G1-G5西式套餐A	 Pasta Bolognese 牛肉肉酱意面 Sautéed Zucchini & Carrot 胡萝卜西葫芦 	 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 Fried Chicken 韩式炸鸡 Mixed Vegetable 混合什蔬 Korean Rice Cake 炒年糕 
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 Sweet Potato 蒸红薯 	 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 	Braised Fish and Tofu 鱼肉烧豆腐  Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 Steamed Corn 蒸玉米 	 Braised Beef with Potato 土豆烧牛肉 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 	Shredded Pork with Bamboo Shoots 冬笋猪肉丝 Stir-Fried Cabbage with Tofu 杭白菜烧豆腐 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)
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 5.12	TUESDAY 5.13	WEDNESDAY 5.14	THURSDAY 5.15	FRIDAY 5.16
G1-G5 Sandwich Station G1-G5三明治档口	Pesto Chicken Sandwich 青酱鸡肉三明治 	Lyonnaise Sausage Panini 里昂那香肠帕尼尼 	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼 	 Italy Food Promotion 意大利美食节 Basil, Salami & Cheese Pizza 罗勒萨拉米 芝心披萨 	Tuna Panini  金枪鱼帕尼尼 
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 	Pork Rice Noodle with Mushroom 香菇猪肉汤粉 Green Vegetables 白灼蔬菜 	Japanese Pork Bone Noodle Soup 日式豚骨拉面 Braised Egg 卤蛋 Green Vegetables 白灼蔬菜 	 Lanzhou Beef Noodle Soup 兰州牛肉拉面 Green Vegetables 白灼蔬菜 	Wonton Noodle Soup 云吞面 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)
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 5.19	TUESDAY 5.20	WEDNESDAY 5.21	THURSDAY 5.22	FRIDAY 5.23
Soup 汤	Japanese Miso Soup 日式味噌汤	Tomato & Egg Soup 番茄蛋花汤	Brown Sugar & Rice Dumpling Soup 红糖小圆子	Jujube and Tremella Soup 红枣银耳汤	Dough Drop Soup 疙瘩汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Mexican Braised Chicken with Potato 墨西哥土豆烩鸡 Sautéed Zucchini 炒节瓜 Tortilla 墨西哥饼	Orleans Chicken Burger 奥尔良鸡腿堡 Fried Potato Balls 炸薯球 Sautéed Vegetable 黄油时蔬	Teriyaki Chicken 照烧鸡 Sautéed Spinach 清炒菠菜 Soft Roll 软面包	Mexican Chicken Rolls 墨西哥鸡肉卷 Grilled Vegetables 烤蔬菜	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	Steamed Meat Pie with Mushroom 香菇蒸肉饼 Wok-Fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Steamed Corn 蒸玉米	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	Taiwan Style Marinated Pork with Vegetable on Rice 台式卤肉饭	Beijing Food Promotion 北京美食节 Sautéed Pork in Sweet Bean Sauce 京酱肉丝 Stir fried Mixed Vegetable 炒合菜 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 5.19	TUESDAY 5.20	WEDNESDAY 5.21	THURSDAY 5.22	FRIDAY 5.23
G1-G5 Sandwich Station G1-G5三明治档口	Beef Panini 牛肉帕尼尼 	Egg & Vegetable Sandwich 滑蛋蔬菜三明治 	Salami Pizza 萨拉米披萨 	Lyonnais Sausage Panini 里昂那香肠帕尼尼 	 Beijing Food Promotion 北京美食节 Beef Pie 千层牛肉馅饼  
G1-G5 Noodle Station G1-G5面档	Rice Noodle Soup with Beef Meatball 越南牛肉丸汤粉 Green Vegetables 白灼蔬菜 	Braised Eggplant and Pork Noodle 茄子肉丁打卤面 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 	 Hongkong Cart Noodle 车仔面 Green Vegetables 白灼蔬菜 	 Beijing Food Promotion 北京美食节 Special Noodle with Soybean Paste 彩色炸酱面 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

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal



by sodexo

STATION	MONDAY 5.26	TUESDAY 5.27	WEDNESDAY 5.28	THURSDAY 5.29	FRIDAY 5.30
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	Traditional Pear Soup 小吊梨汤
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	Braised Beef 红烩牛肉 Sauteed Vegetable 黄油时蔬 Garlic Bread 蒜香面包	French Baked Chicken with Mustard Sauce 法式芥末烤鸡 Mixed Vegetable 混合什蔬 Cajun Potatoes 卡真土豆	Korean Fried Chicken 韩式炸鸡 Mixed Vegetable 混合什蔬 Sauteed Korean Rice Cake 炒年糕	Pasta Bolognese 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	Yu-Shiang Shredded Pork 鱼香肉丝 Braised Cabbage with Bean Curd 千张烧白菜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Hainanese Chicken Rice 海南鸡饭 Poached Bok Choy 白灼油菜 Hanamaki 自制香葱花卷	Stewed Beef, Corn with Tofu 玉米牛肉炖豆腐 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭	Steamed Pork with Egg 肉末蒸蛋 Sauteed Zucchini 清炒西葫芦 Steamed Rice 米饭	Braised Chicken 黄焖鸡 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯

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 5.26	TUESDAY 5.27	WEDNESDAY 5.28	THURSDAY 5.29	FRIDAY 5.30
G1-G5 Sandwich Station G1-G5三明治档口	Tuna Panini  金枪鱼帕尼尼	Ham & Cheese Panini 火腿奶酪帕尼尼	Bacon & Egg Panini 培根鸡蛋帕尼尼	Crab Willow Pizza 蟹柳披萨 	Pesto Chicken Sandwich 青酱鸡肉三明治
G1-G5 Noodle Station G1-G5面档	Yunnan Rice Noodle 云南过桥米线 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	Yibin Burning Noodles 宜宾燃面 Green Vegetables 白灼蔬菜	Dragon Boat Festival 端午节 Bean Paste Rice Dumpling 豆沙粽子
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