

STATION	MONDAY 5.5	TUESDAY 5.6	WEDNESDAY 5.7	THURSDAY 5.8	FRIDAY 5.9
ES Morning Snack 小学上午 间点	Muffin 玛芬 Fruit Infused Water 果泡水	Jujube Cake 红枣糕 100% Juice 100%果汁	Honey Bread 蜂蜜小面包 Cucumber & Mint Water 黄瓜薄荷水	Banana Bread 香蕉包 100% Juice 100%果汁	Marble Cake 大理石蛋糕 Milk 牛奶
ES Afternoon Snack 小学下午 间点	Red Bean Pastry 红豆饼 Mung Bean Soup 绿豆汤	Meat Floss Roll 肉松卷 Passion Fruit and Lemon Water 百香果柠檬水	Mini Croissant 小牛角 Milk 牛奶	Waffle 华夫饼 Sweet& Sour Plum Soup 酸梅汤	NEW TASTY TREAT Potato Balls 咸味薯球 Red Bean Paste with Coconut Milk 椰奶红豆沙

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

STATION	MONDAY 5.12	TUESDAY 5.13	WEDNESDAY 5.14	THURSDAY 5.15	FRIDAY 5.16
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 100% Juice 100%果汁	Dorayaki 铜锣烧 Fruit Infused Water 果泡水	Egg Tart 蛋挞 Lemon, Cucumber & Mint Water 柠檬黄瓜薄荷水	Honey Cake 蜂蜜蛋糕 100% Juice 100%果汁
ES Afternoon Snack 小学下午 间点	Coconut Cracker 椰蓉饼干 Honey & Jujube Water 蜂蜜红枣水	Purple Sweet Potato Bread 紫薯包 Osmanthus and Red Bean Soup 桂花红豆汤	Donut 甜甜圈 Mung Bean Soup 绿豆汤	Banana Bread 香蕉包 Milk 牛奶	Swiss Roll 瑞士卷 Pear and Water Chestnut Soup 冰糖雪梨马蹄水

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)
252	10.0	32.3	9.0

WEEKLY MENU

STATION	MONDAY 5.19	TUESDAY 5.20	WEDNESDAY 5.21	THURSDAY 5.22	FRIDAY 5.23
ES Morning Snack 小学上午 间点	Pumpkin & Milk Bun 南瓜奶香面包 100% Juice 100%果汁	Muffin 玛芬 Fruit Infused Water 果泡水	Green Bean Pastry 绿豆饼 100% Juice 100%果汁	Cranberry Butter Cake 蔓越莓黄油蛋糕 Milk 牛奶	Steamed Egg Custard Bun 流沙包 Fruit Infused Water 果泡水
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 Hawthorn & Jujube Water 蜂蜜山楂红枣水	Waffle 华夫饼 Milk 牛奶	Danish 丹麦 Water Chestnut & Honey Water 蜂蜜马蹄水	 Red Bean Paste Rolls 豆沙驴打滚 Osmanthus and Red Bean Soup 桂花红豆汤

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 5.26	TUESDAY 5.27	WEDNESDAY 5.28	THURSDAY 5.29	FRIDAY 5.30
ES Morning Snack 小学上午 间点	Red Bean Pastry 红豆饼 Milk 牛奶	Dorayaki 铜锣烧 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	Egg Tart 蛋挞 100% Juice 100%果汁	Osmanthus Cake 桂花糕 Fruit Infused Water 果泡水
ES Afternoon Snack 小学下午 间点	Banana Bread 香蕉包 Lemon & Honey Water 柠檬蜂蜜水	Pineapple Bun 菠萝包 Apple Pear Soup 苹果梨汤	Donut 甜甜圈 Milk 牛奶	Sausage Rolls 香肠卷 Mung Bean Soup 绿豆汤	Children's Day Special Hash Brown 薯饼 Sweet& Sour Plum Soup 酸梅汤

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