

# 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
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	Creamy Mushroom Soup 奶油蘑菇汤
KGT Chinese 幼儿园中式	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	Braised Duck Breast 酱鸭胸 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Hanamaki 自制燕麦馒头	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
KGT Western 幼儿园西式	Breaded Chicken & Cheese With Mornay Sauce 芝士鸡胸肉配 奶油酱	BBQ Pork Chop 烤猪扒	Ham & Cheese Panini 猪肉火腿奶酪帕尼尼	Orleans Chicken Wrap 奥尔良鸡肉卷	Swedish Beef Meatball 瑞典风味牛肉丸 Mashed Potato 奶香土豆泥

## 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)
455	33.1	43.3	13.8

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STATION	MONDAY 5.12	TUESDAY 5.13	WEDNESDAY 5.14	THURSDAY 5.15	FRIDAY 5.16
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 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
KGT Chinese 幼儿园中式	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 	Noodle with Tomato & Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜 	Braised Fish and Tofu 鱼肉烧豆腐  Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕 	 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 Steamed Purple Sweet Potato 蒸紫薯 
KGT Western 幼儿园西式	 Pasta Bolognese 牛肉肉酱意面 	Ham & Cheese Panini 火腿奶酪帕尼尼 	 Beef Lasagna 牛肉千层面 	Curry Chicken 印度咖喱鸡 Naan 印度烤饼 	Tuna Panini  金枪鱼帕尼尼 

## 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 5.19	TUESDAY 5.20	WEDNESDAY 5.21	THURSDAY 5.22	FRIDAY 5.23
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	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 
KGT Chinese 幼儿园中式	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 	Sauteed Beef with Soya Sauce 豉汁牛肉  Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 白米饭 Hanamaki 自制双色花卷 	Taiwan Style Marinated Pork with Vegetable on Rice 台式卤肉饭 	Beijing Food Promotion 北京美食节 Sauteed Pork in Sweet Bean Sauce 京酱肉丝  Stir fried Mixed Vegetable 炒合菜 Steamed Rice 米饭 
KGT Western 幼儿园西式	 Mexican Braised Chicken with Potato 墨西哥土豆烩鸡 	 Orleans Chicken Burger 奥尔良鸡腿堡 	Teriyaki Chicken 照烧鸡 	 Beef Salami Pizza 牛肉萨拉米披萨 	 Greek Moussaka 希腊牛肉茄盒 

## 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)
444	27.9	56.5	12.6

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STATION	MONDAY 5.26	TUESDAY 5.27	WEDNESDAY 5.28	THURSDAY 5.29	FRIDAY 5.30
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	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
KGT Chinese 幼儿园中式	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	Noodle with Tomato & Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜	Stewed Beef, Corn with Tofu 玉米牛肉炖豆腐 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭 Hanamaki 自制香葱花卷	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
KGT Western 幼儿园西式	Thai Curry Chicken 泰式咖喱鸡	Braised Beef 红烩牛肉	French Baked Chicken with Mustard Sauce 法式芥末烤鸡	Tuna Panini 金枪鱼帕尼尼	Pasta Bolognese 牛肉肉酱意面

## 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)
508	32.0	58.0	17.7