

WEEKLY MENU



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
Daily Western Special 西式特式	Chicken Quesadilla 墨西哥鸡肉芝士馅饼 Salsa/Yogurt Sauce 莎莎酱/酸奶酱 Nachos 玉米片	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	Fried Chicken with Waffle 炸鸡配华夫饼 Sauteed Seasonal Vegetable 混合时蔬	 Grilled Beef Hot Dogs with Sauerkraut  德式酸菜牛肉热狗 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	 Hong Kong-style Barbecued Pork 港式蜜汁叉烧猪肉 Sautéed Cabbage 清炒快菜 Yangzhou Fried Rice 扬州炒饭	 Koren Baked Spareribs with Cheese 韩式芝士焗排骨 Kimbap 紫菜包饭	 Korean Bibimbap 韩式石锅拌饭	Thai Fried Rice with Pork and Egg 泰式打抛猪肉饭	Sichuan Smoked Duck 樟茶鸭 Stir-fry Bok Choy 清炒油菜 Steamed Rice 米饭
Noodle Bar 面档	 Pasta Bolognese 肉酱意面	 Braised Beef Noodle Soup 红烧牛肉面	Sichuan Dan Dan Noodle 担担面	Japanese Pork Bone Ramen 日式豚骨拉面	Sichuan Sour & Hot Glass Noodles with Rougamo 酸辣粉配肉夹馍

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STATION	MONDAY 5.5	TUESDAY 5.6	WEDNESDAY 5.7	THURSDAY 5.8	FRIDAY 5.9
Chinese Station -Set Menu 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	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	Stir-fry Chicken with Black Bean Sauce 豉汁炒鸡 Sauteed Babby Cababge 干锅娃娃菜 Steamed Rice 米饭	Sweet & Sour Fish 咕咾鱼 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭
Sandwich 三明治	 Roast Beef Panini 烤牛肉帕尼尼	Bacon & Egg Panini 培根鸡蛋帕尼尼	Ham & Mozzarella Cheese Sandwich 火腿芝士三明治	Tuna Panini  金枪鱼帕尼尼	 Meat Lover's Pizza 经典肉食爱好者披萨
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)
812	47.1	88.8	31.0

WEEKLY MENU



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
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 美式烧烤猪大排 Caribbean Vegetable Stew 加勒比慢煮炖菜 Bread 面包 	 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 Garlic Bread 蒜香面包 	 Beef Lasagna 牛肉千层面 Sautéed 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 	 Japanese Beef Sukiyaki 日式肥牛寿喜锅 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 	 Thai Lemongrass Grilled Chicken 泰式香茅烤鸡肉 Sautéed Choi Sum 清炒菜心 Thai Pineapple Curry Fried Rice 泰式菠萝咖喱炒饭 
Noodle Bar 面档	Cantonese Dim Sum Platter 广式点心拼盘 	Seafood Laksa 海鲜叻沙粉 	Shaanxi Biang Biang Noodle 陕西Biangbiang面 	 Lanzhou Beef Noodle Soup 兰州牛肉面 	Braised Pork Noodle 岐山臊子面 

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STATION	MONDAY 5.12	TUESDAY 5.13	WEDNESDAY 5.14	THURSDAY 5.15	FRIDAY 5.16
Chinese Station 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	Shanghai Style Braised Chicken 上海白斩鸡 Sautéed Cabbage 清炒圆白菜 Steamed Rice 米饭	NEW Braised Fish and Tofu 鱼肉烧豆腐 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭	Halal 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
Sandwich 三明治	Pesto Chicken Sandwich 青酱鸡肉三明治	Lyonnaise Sausage Panini 里昂那香肠帕尼尼	Cajun Chicken Panini 卡真烤鸡肉帕尼尼	NEW Italy Food Promotion 意大利美食节 Basil, Salami & Cheese Pizza 罗勒萨拉米芝心披萨	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)
794	47.0	88.8	29.8

WEEKLY MENU



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
Daily Western Special 西式特式	Grilled Pork Sausage with Onion Gravy 德式猪肉肠配洋葱汁 Mixed Vegetables 混合时蔬 Mashed Potato 土豆泥	 Beef Fajita 法吉塔牛肉卷 Tomato Salsa 番茄莎莎 Guacamole 牛油果酱 Nachos 玉米片	English Fish n Chips with Tartar Sauce  英式炸鱼薯条配塔塔汁 Mixed Vegetable 黄油时蔬	Buffalo Chicken Wings 美式水牛城辣翅 Vegetable Sticks 蔬菜条 Fried Potato Balls 炸薯球	 Beijing Food Promotion 北京美食节 Stir-fried Fish  抓炒鱼片 Stir-Fried Cabbage 炆炒包菜 Steamed Rice 米饭 Ai Wo Wo 艾窝窝 
Daily Asian Special 亚式特式	Hainan Chicken Rice 海南鸡饭	 Braised Beef with Sichuan Pepper 鲜藤椒雪花牛肉 Stir-Fried Cabbage 清炒杭白菜 Steamed Rice 米饭	Sauteed Chicken with Chili Pepper 辣子鸡 Mapo Tofu 麻婆豆腐 Steamed Rice 米饭	 Teriyaki Beef Rice with Enoki Mushroom 照烧金针菇肥牛饭	 Beijing Food Promotion 北京美食节 Mutton Hotpot  老北京涮羊肉 Mixed Seasonal Vegetables 混合时蔬 Steamed Rice 米饭 Ai Wo Wo 艾窝窝 
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	 Pasta Bolognese 肉酱意面	Noodle with Soybean Paste 老北京炸酱面 

WEEKLY MENU



STATION	MONDAY 5.19	TUESDAY 5.20	WEDNESDAY 5.21	THURSDAY 5.22	FRIDAY 5.23
Chinese Station 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	NEW Braised Fish With Soybean Sauce 酱焖鱼 Sautéed Cabbage with Tofu 小白菜豆腐 Steamed Rice 米饭	Halal Sauteed Beef with Soya Sauce 豉汁牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 白米饭	Stir-Fried Tofu with Pork 家常豆腐 Stir-fry Zucchini & Egg 西葫芦炒蛋 Steamed Rice 米饭	NEW 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
Sandwich 三明治	Halal Texas Roast Beef & Cheese Panini 德克萨斯牛肉奶酪帕尼尼	Pulled Pork Panini 美式手撕猪肉帕尼尼	BLT Sandwich 培根生菜番茄三明治	Tuna Panini 金枪鱼帕尼尼	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 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
Daily Western Special 西式特式	Orleans Roast Chicken 奥尔良烤鸡 Sauteed Vegetables 黄油时蔬 Pasta 意面	 Beef Lasagna 牛肉千层面 Sauteed Vegetable 黄油时蔬	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	Turkish Roast Chicken 土耳其烤鸡 Grilled Vegetable 烤时蔬 Pita Bread 口袋饼	Roasted Chicken Power Bowl 香草烤鸡能量碗
Daily Asian Special 亚式特式	Wanzhou Roasted Fish 重庆万州烤鱼  Stir-Fried Cabbage 炆炒包菜 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 Japanese Flavor Sesame & Seaweed Rice 日式芝麻海苔饭	Eel Sushi  鳗鱼寿司 Sesame Spinach 芝麻菠菜	Dragon Boat Festival 端午节 Sliced Fish in Hot Chili Oil 水煮鱼  Shredded Potato with Green Pepper 尖椒土豆丝 Steamed Rice 白米饭 Bean Paste Rice Dumpling 豆沙粽子
Noodle Bar 面档	Cantonese Dim Sum Platter 广式点心拼盘	Xin Jiang Braised Chicken 新疆大盘鸡 Braised Noodle 拉条子	Hunan Rice Noodle Soup with Pork 湖南汤米粉	 Braised Beef Noodle Soup 红烧牛肉面	 Japanese Stir-fry Udon with Beef 日式炒牛肉乌冬

WEEKLY MENU



STATION	MONDAY 5.26	TUESDAY 5.27	WEDNESDAY 5.28	THURSDAY 5.29	FRIDAY 5.30
Chinese Station 中式	Yu-Shiang Shredded Pork 鱼香肉丝 Braised Cabbage with Bean Curd 千张烧白菜 Steamed Rice 米饭	Braised Pork with Eggplant 猪肉烧茄子 Stir-fried Cabbage 炆炒圆白菜 Steamed Rice 米饭	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
Sandwich 三明治	Tuna Panini 金枪鱼帕尼尼	Lyonnais Sausage Panini 里昂那香肠帕尼尼	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
Salad Bar 沙拉吧	4 Kinds of Vegetable 4款鲜蔬				
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