

WEEKLY MENU



Healthy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal



STATION	MONDAY 6.2	TUESDAY 6.3	WEDNESDAY 6.4	THURSDAY 6.5	FRIDAY 6.6
Soup 汤		Seaweed & Egg Soup 紫菜蛋花汤	Sweet& Sour Plum Soup 酸梅汤	Chinese Yam and Egg White Soup 芙蓉山药汤	Pear Tremella Soup 银耳雪梨汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Holiday	 Beef Hot Dog 牛肉热狗 Mixed Vegetable 混合什蔬	 Pasta Bolognese 肉酱意面 Sauteed Vegetable 黄油时蔬	Breaded Chicken & Cheese With Mornay Sauce 芝士鸡胸肉配奶油酱 Grilled Zucchini 烤青瓜 Mashed Potato 土豆泥	 Curry Beef 咖喱牛肉 Mixed Vegetable 混合什蔬 Garlic Bread 蒜香面包
G1-G5 Chinese Set Menu B G1-G5中式套餐B		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 Hanamaki 自制燕麦馒头	Kung Pao Chicken 宫保鸡丁 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭	Taiwan Style Marinated Pork with Vegetable on Rice 台式卤肉饭	Shanxi Sauteed Pork 山西过油肉 Shanxi Stewed Mixed Vegetable 山西大烩菜 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)
640	31.5	76.0	20.9

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STATION	MONDAY 6.2	TUESDAY 6.3	WEDNESDAY 6.4	THURSDAY 6.5	FRIDAY 6.6
G1-G5 Sandwich Station G1-G5三明治档口	Holiday	Smoked Chicken Pizza 地中海烟熏鸡肉披萨 	Ham & Cheese Panini 火腿奶酪帕尼尼 	Tuna Panini 金枪鱼帕尼尼  	Chicken Panini 鸡肉帕尼尼 
G1-G5 Noodle Station G1-G5面档		 Noodle with Plant-Based Meat and Soybean Paste 炸酱面 Green Vegetables 白灼蔬菜 	Japanese Sesame & Seaweed Rice 日式海苔鸡肉饭 Green Vegetables 白灼蔬菜 	 Lanzhou Beef Noodle Soup 兰州牛肉面 Green Vegetables 白灼蔬菜 	Chicken Rice Noodle in Marinated Soup 卤汤鸡腿米粉 Green Vegetables 白灼蔬菜 
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

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STATION	MONDAY 6.9	TUESDAY 6.10	WEDNESDAY 6.11	THURSDAY 6.12	FRIDAY 6.13
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	Jiangsu Tofu Broth 文思豆腐羹 
G1-G5 Western Set Menu A G1-G5西式套餐A	Korean Fried Chicken 韩式炸鸡 Korean Rice Cake 韩式炒年糕 	Swedish Beef Meatball 瑞典风味牛肉丸 Sauteed Vegetable 黄油时蔬 Mashed Potato 奶香土豆泥 	 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 	Teriyaki Chicken 照烧鸡 Sautéed Spinach 清炒菠菜 Roasted Potato 香烤土豆 
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Braised Pork with Taro 芋头红烧肉 Sauteed Zucchini 清炒小瓜 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 Sponge Cake 自制发糕 	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 Cucumber 黄瓜炒蛋 Steamed Rice 米饭 	 Jiangsu Food Festival 江苏美食节 Jiangsu Braised Fish 糟溜鱼  Braised Cabbage with Bean Curd 千张烧白菜 Yangzhou Fried Rice 扬州炒饭 

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)
642	36.7	78.8	21.4

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STATION	MONDAY 6.9	TUESDAY 6.10	WEDNESDAY 6.11	THURSDAY 6.12	FRIDAY 6.13
G1-G5 Sandwich Station G1-G5三明治档口	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼 	Cajun Chicken Panini 卡真烤鸡肉帕尼尼 	Pineapple & Ham Pizza 菠萝火腿披萨 	Lyonnaisse Sausage Panini 里昂那香肠帕尼尼 	Jiangsu Food Festival 江苏美食节 Vegetable Spring rolls 扬州蔬菜春卷 
G1-G5 Noodle Station G1-G5面档	Pork Rice Noodle with Mushroom 香菇猪肉汤粉 Green Vegetables 白灼蔬菜 	 Noodle with Tomato & Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜 	Yunnan Rice Noodle Soup 云南过桥米线 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 	 Jiangsu Food Festival 江苏美食节 Wuxi Wonton Soup 无锡三鲜馄饨 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)
376	15.2	47.3	14.0

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STATION	MONDAY 6.16	TUESDAY 6.17	WEDNESDAY 6.18	THURSDAY 6.19	FRIDAY 6.20
Soup 汤	Jujube and Tremella Soup 红枣银耳汤	Tomato & Egg Soup 番茄蛋花汤	Sweet& Sour Plum Soup 酸梅汤	 Tom Gha Gai 泰式椰汁鸡汤	Green Bean Soup 绿豆汤
G1-G5 Western Set Menu A G1-G5西式套餐A	 Hungarian Goulash 匈牙利烩牛肉 Sauteed Vegetable 黄油时蔬 Mashed Potato 奶香土豆泥 	French Mustard Chicken 法式芥末烤鸡 Sautéed Spinach 清炒菠菜 Soft Roll 软面包 	Roast Duck with Mushroom Sauce 烤鸭胸配蘑菇汁 Gratin Cauliflower with Bell Pepper 黄油菜花配彩椒 Roasted Potato 香烤土豆 	 Pasta Bolognese 肉酱意面 Sauteed Vegetable 黄油时蔬 	 Orleans Chicken Burger 奥尔良鸡腿堡 French Fries 薯条 Sauteed Vegetable 黄油时蔬 
G1-G5 Chinese Set Menu B G1-G5中式套餐B	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 Hanamaki 自制双色花卷 	 Braised Beef with Turnip 萝卜牛腩 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 	 Thai Food Festival 泰国美食节 Thai Fried Rice with Pork 泰式打抛猪肉饭 	Yu-Shiang Shredded Pork 鱼香肉丝 Braised Cabbage with Bean Curd 千张烧杭白菜 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)
575	25.4	80.5	17.6

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STATION	MONDAY 6.16	TUESDAY 6.17	WEDNESDAY 6.18	THURSDAY 6.19	FRIDAY 6.20
G1-G5 Sandwich Station G1-G5三明治档口	Beef Panini 牛肉帕尼尼 	Salami Pizza 萨拉米披萨 	Bacon & Egg Panini 培根鸡蛋帕尼尼 	Pesto Chicken Sandwich 青酱鸡肉三明治 	Beef Ham & Cheese Sandwich 牛肉火腿奶酪帕尼尼 
G1-G5 Noodle Station G1-G5面档	Nasi Goreng Rice with Chicken Skewer/ Chicken Nuggets 印尼炒饭配鸡肉串/鸡块 Green Vegetables 白灼蔬菜 	 Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜 	 Noodle with Plant-Based Meat and Soybean Paste 炸酱面 Green Vegetables 白灼蔬菜 	 Thai Food Festival 泰国美食节 Pineapple Seafood Fried Rice 泰式菠萝海鲜饭  	Pork Siu Mai 猪肉烧卖 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