

WEEKLY MENU

STATION	MONDAY 6.2	TUESDAY 6.3	WEDNESDAY 6.4	THURSDAY 6.5	FRIDAY 6.6
ES Morning Snack 小学上午 间点	Holiday	Muffin 玛芬 100% Juice 100%果汁	Steamed Custard Bun 奶黄包 Lemon Water 柠檬水	Green Bean Pastry 绿豆饼 Milk 牛奶	Dorayaki 铜锣烧 100% Juice 100%果汁
ES Afternoon Snack 小学下午 间点		Potato Balls 咸味薯球 Fruit Infused Water 果泡水	Danish 丹麦 Red Bean Paste with Coconut Milk 椰奶红豆沙	Waffle 华夫饼 Pear and Water Chestnut Soup 冰糖雪梨马蹄水	Green Tea Cake 抹茶蛋糕 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)
244	9.6	35.3	7.2

WEEKLY MENU

STATION	MONDAY 6.9	TUESDAY 6.10	WEDNESDAY 6.11	THURSDAY 6.12	FRIDAY 6.13
ES Morning Snack 小学上午 间点	Egg Tart 蛋挞 Milk 牛奶	Salted Egg Yolk Pastry 咸蛋黄一口酥 Fruit Infused Water 果泡水	Milk-flavored Bean Paste Roll 奶香豆沙卷 100% Juice 100%果汁	Chocolate Cake 巧克力蛋糕 Milk 牛奶	Dorayaki 铜锣烧 Fruit Infused Water 果泡水
ES Afternoon Snack 小学下午 间点	Salty Cheese Crackers 咸味芝士饼干 100% Juice 100%果汁	Sausage Rolls 香肠卷 Apple Pear Soup 苹果梨汤	Donut 甜甜圈 Mung Bean Soup 绿豆汤	Banana Bread 香蕉包 Lemon, Cucumber & Mint Water 柠檬黄瓜薄荷水	Swiss Roll 瑞士卷 100% Juice 100%果汁

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

STATION	MONDAY 6.16	TUESDAY 6.17	WEDNESDAY 6.18	THURSDAY 6.19	FRIDAY 6.20
ES Morning Snack 小学上午 间点	Steamed Egg Custard Bun 流沙包 100% Juice 100%果汁	Egg Tart 蛋挞 Milk 牛奶	Red Bean Pastry 红豆饼 100% Juice 100%果汁	Salted Egg Yolk Pastry 咸蛋黄一口酥 Milk 牛奶	Banana Bread 香蕉包 Fruit Infused Water 果泡水
ES Afternoon Snack 小学下午 间点	Sausage Rolls 香肠卷 Fruit Infused Water 果泡水	Chiffon Cake 戚风蛋糕 Sweet& Sour Plum Soup 酸梅汤	Waffle 华夫饼 Mung Bean Soup 绿豆汤	Donut 甜甜圈 Cucumber & Mint Water 黄瓜薄荷水	Holiday

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