

WEEKLY MENU



Heathy
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
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	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
KGT Chinese 幼儿园中式	Holiday	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	Kung Pao Chicken 宫保鸡丁 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Hanamaki 自制燕麦馒头	Taiwan Style Marinated Pork with Vegetable on Rice 台式卤肉饭 Steamed Corn 蒸玉米	Shanxi Sauteed Pork 山西过油肉 Shanxi Stewed Mixed Vegetable 山西大烩菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯
KGT Western 幼儿园西式		Smoked Chicken Pizza 地中海烟熏鸡肉披萨	Pasta Bolognese 肉酱意面	Tuna Panini 金枪鱼帕尼尼	Curry Beef 咖喱牛肉

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)
451	32.1	43.3	13.8

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STATION	MONDAY 6.9	TUESDAY 6.10	WEDNESDAY 6.11	THURSDAY 6.12	FRIDAY 6.13
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 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
KGT Chinese 幼儿园中式	Braised Pork with Taro 芋头红烧肉 Sautéed Zucchini 清炒小瓜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Shanghai Style Braised Chicken 上海白斩鸡 Sautéed Cabbage 清炒圆白菜 Steamed Rice 米饭	Steamed Fish in Soya Sauce 清蒸鱼 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	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
KGT Western 幼儿园西式	Beef Ham & Cheese Panini 牛肉火腿奶酪 帕尼尼	Swedish Beef Meatball 瑞典风味牛肉丸 Mashed Potato 奶香土豆泥	Beef Lasagna 牛肉千层面	Curry Chicken 印度咖喱鸡 Naan 印度烤饼	Teriyaki Chicken 照烧鸡

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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Halal

STATION	MONDAY 6.16	TUESDAY 6.17	WEDNESDAY 6.18	THURSDAY 6.19	FRIDAY 6.20
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	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
KGT Chinese 幼儿园中式	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 Steamed Purple Sweet Potato 蒸紫薯 	 Braised Beef with Turnip 萝卜牛腩 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Hanamaki 自制双色花卷 	Thai Food Festival 泰国美食节 Pineapple Seafood Fried Rice  泰式菠萝海鲜饭 	Yu-Shiang Shredded Pork 鱼香肉丝 Braised Cabbage with Bean Curd 千张烧杭白菜 Steamed Rice 米饭 
KGT Western 幼儿园西式	Pesto Chicken Sandwich 青酱鸡肉三明治 	 Salami Pizza 萨拉米披萨 	Roast Duck with Mushroom Sauce 烤鸭胸配蘑菇汁 	 Pasta Bolognese 肉酱意面 	 Orleans Chicken Burger 奥尔良鸡腿堡 

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)
432	24.9	56.8	12.6