

# WEEKLY MENU



Vegetarian



Seafood



Halal



| STATION                          | MONDAY<br>6.2 | TUESDAY<br>6.3                                                                                             | WEDNESDAY<br>6.4                                                             | THURSDAY<br>6.5                                                                                             | FRIDAY<br>6.6                                                                                            |
|----------------------------------|---------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| Soup<br>汤                        |               | Seaweed & Egg Soup<br>紫菜蛋花汤                                                                                | Sweet& Sour Plum Soup<br>酸梅汤                                                 | Chinese Yam and Egg<br>White Soup<br>芙蓉山药汤                                                                  | Pear Tremella Soup<br>银耳雪梨汤                                                                              |
| Daily Western<br>Special<br>西式特式 | Holiday       | Turkish Roast Chicken<br>土耳其烤鸡<br>Grilled Vegetable<br>烤时蔬<br>Pita Bread<br>口袋饼                            | Fried Chicken with Waffle<br>炸鸡配华夫饼<br>Sauteed Seasonal<br>Vegetable<br>混合时蔬 | American Hot Dog<br>美式牛肉热狗<br>French Fries<br>薯条<br>Mixed Vegetables<br>混合时蔬<br>Ketchup/Mustard<br>番茄沙司/黄芥末 | Chicken Fricassee<br>佛理卡西鸡腿<br>Roasted Cauliflower<br>with Olive Oil<br>橄榄油烤花菜<br>Roasted Potato<br>香烤土豆 |
| Daily Asian Special<br>亚式特式      |               | Sautéed Beef Slice in<br>Hot Chilli Oil<br>巴蜀水煮牛肉<br>Steamed Baby Cabbage<br>金蒜粉丝娃娃菜<br>Steamed Rice<br>米饭 | Japanese Beef Sukiyaki<br>日式肥牛寿喜锅<br>Steamed Rice<br>米饭                      | Sichuan Smoked Duck<br>樟茶鸭<br>Stir-fry Bok Choy<br>清炒油菜<br>Steamed Rice<br>米饭                               | Curry Beef<br>咖喱牛肉<br>Mixed Vegetable<br>混合什蔬<br>Steamed Rice<br>米饭                                      |
| Noodle Bar<br>面档                 |               | Pasta Bolognese<br>肉酱意面                                                                                    | Sichuan Sour & Hot Glass<br>Noodles with Rougamo<br>酸辣粉配肉夹馍                  | Japanese Pork Bone Ramen<br>日式豚骨拉面                                                                          | Shanxi Sliced Noodle<br>刀削面                                                                              |

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| STATION                            | MONDAY<br>6.2                                                                                                               | TUESDAY<br>6.3                                                                                              | WEDNESDAY<br>6.4                                                                          | THURSDAY<br>6.5                                                                 | FRIDAY<br>6.6                                                                                   |
|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Chinese Station<br>-Set Menu<br>中式 | Holiday                                                                                                                     | Sweet and Sour Pork<br>溜肉段<br>Sautéed Lettuce with Egg<br>and Black Fungus<br>莴笋木耳炒鸡蛋<br>Steamed Rice<br>米饭 | Kung Pao Chicken<br>宫保鸡丁<br>Braised Gourd with<br>Mushroom<br>香菇烧冬瓜<br>Steamed Rice<br>米饭 | Hunan Spicy Chicken<br>湖南麻辣子鸡<br>Sautéed Bok Choy<br>清炒油菜<br>Steamed Rice<br>米饭 | Shanxi Sauteed Pork<br>山西过油肉<br>Shanxi Stewed Mixed<br>Vegetable<br>山西大烩菜<br>Steamed Rice<br>米饭 |
| Sandwich<br>三明治                    |                                                                                                                             | Smoked Chicken Pizza<br>地中海烟熏鸡肉披萨                                                                           | Ham & Mozzarella Cheese<br>Sandwich<br>火腿芝士三明治                                            | Tuna Panini<br>金枪鱼帕尼尼                                                           | Chicken Panini<br>鸡肉帕尼尼                                                                         |
| Salad Bar<br>沙拉吧                   | 4 Kinds of Vegetable<br>4款鲜蔬<br>2 Kinds of Whole Grains<br>2款杂粮<br>2 Kinds of Fruits<br>2款水果<br>2 Kinds of Dressing<br>2款酱汁 |                                                                                                             |                                                                                           |                                                                                 |                                                                                                 |
| Nutritional<br>营养搭配                | Milk/Yogurt<br>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<br>6.9                                                                                                                                                                         | TUESDAY<br>6.10                                                                                                                      | WEDNESDAY<br>6.11                                                                                                                                                                     | THURSDAY<br>6.12                                                                                                        | FRIDAY<br>6.13                                                                                                                                                                                                                                |
|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Soup<br>汤                        | Soybean Paste Stew<br>大酱汤                                                                                                                                                             | Green Bean Soup<br>绿豆汤                                                                                                               | Minced Beef & Tofu Soup<br>西湖牛肉羹                                                                                                                                                      | Congee with Mixed Beans<br>八宝粥                                                                                          |  Jiangsu Tofu Broth<br>文思豆腐羹                                                                                                                               |
| Daily Western<br>Special<br>西式特式 | Roasted Chicken with<br>Rosemary<br>迷迭香烤春鸡<br>Mixed Vegetable<br>混合时蔬<br>Pasta with Pesto Sauce<br>青酱意面                                                                               |  Beef Lasagna<br>牛肉千层面<br>Sautéed Vegetable<br>黄油时蔬 |  Beef Cheeseburger<br>牛肉芝士汉堡<br>Pickles/Tomato/Cheese<br>酸黄瓜/番茄/芝士<br>Roasted Potato Wedges<br>烤薯角 | Lahori Chicken Curry<br>印度黄油咖喱鸡<br>Sautéed Mixed Vegetables<br>田园混合时蔬<br>Naan<br>印度烤饼                                   |  Jiangsu Food Promotion<br>江苏美食<br>Wuxi Pork Ribs<br>无锡排骨<br>Braised Dried Bean Curd<br>扬州煮干丝<br>Yangzhou Fried Rice<br>扬州炒饭                               |
| Daily Asian Special<br>亚式特式      |  Braised Beef<br>with Sichuan Pepper<br>鲜藤椒雪花牛肉<br>Stir-Fried Cabbage<br>清炒杭白菜<br>Steamed Rice<br>米饭 |  Korean Bibimbap<br>石锅牛肉拌饭                          | Sautéed Chicken with<br>Chili Pepper<br>辣子鸡<br>Sautéed Cabbage<br>清炒快菜<br>Steamed Rice<br>米饭                                                                                          | Cantonese Pot Rice with<br>Sausage & Cured Meat<br>腊味煲仔饭<br>Sautéed Cabbage<br>清炒快菜                                     | Eel Sushi <br>鳗鱼寿司<br>Sesame Spinach<br>芝麻菠菜                                                                                                               |
| Noodle Bar<br>面档                 | Xin Jiang Braised Chicken<br>新疆大盘鸡<br>Braised Noodle<br>拉条子                                                                                                                           | Chongqing Noodle<br>重庆小面                                                                                                             | Shaanxi Biang Biang Noodle<br>陕西Biangbiang面                                                                                                                                           | Braised Beef Noodle Soup<br> 红烧牛肉面 |  Jiangsu Food Promotion<br>江苏美食<br>Pan-Fried Beef Dumpling<br> 牛肉锅贴 |

WEEKLY MENU



| STATION               | MONDAY<br>6.9                                                                     | TUESDAY<br>6.10                                                                           | WEDNESDAY<br>6.11                                                                                    | THURSDAY<br>6.12                                                                                  | FRIDAY<br>6.13                                                                           |
|-----------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| Chinese Station<br>中式 | Braised Pork with Taro<br>芋头红烧肉<br>Sauteed Zucchini<br>清炒小瓜<br>Steamed Rice<br>米饭 | Shanghai Style Braised Chicken<br>上海白斩鸡<br>Sautéed Cabbage<br>清炒圆白菜<br>Steamed Rice<br>米饭 | Steamed Fish in Soya Sauce<br>清蒸鱼<br>Sautéed Cabbage with Vermicelli<br>圆白菜炒粉丝<br>Steamed Rice<br>米饭 | Braised Beef with Bean Puff<br>豆泡烧牛肉<br>Scrambled Egg with Cucumber<br>黄瓜炒蛋<br>Steamed Rice<br>米饭 | Stir-Fried Tofu with Pork<br>家常豆腐 (猪肉)<br>Sautéed Bok Choy<br>清炒油菜<br>Steamed Rice<br>米饭 |
| Sandwich<br>三明治       | Black Pepper Beef Panini<br>黑椒牛肉帕尼尼                                               | Cajun Chicken Panini<br>卡真烤鸡肉帕尼尼                                                          | Pineapple & Ham Pizza<br>菠萝火腿披萨                                                                      | Lyonnaise Sausage Panini<br>里昂那香肠帕尼尼                                                              | BLT Sandwich<br>培根生菜番茄三明治                                                                |
| Salad Bar<br>沙拉吧      | 4 Kinds of Vegetable<br>4款鲜蔬                                                      |                                                                                           |                                                                                                      |                                                                                                   |                                                                                          |
| Nutritional<br>营养搭配   | 2 Kinds of Whole Grains<br>2款杂粮                                                   |                                                                                           |                                                                                                      |                                                                                                   |                                                                                          |
|                       | 2 Kinds of Fruits<br>2款水果                                                         |                                                                                           |                                                                                                      |                                                                                                   |                                                                                          |
|                       | 2 Kinds of Dressing<br>2款酱汁                                                       |                                                                                           |                                                                                                      |                                                                                                   |                                                                                          |
|                       | Milk/Yogurt<br>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<br>6.16                                                                                                                          | TUESDAY<br>6.17                                                                                                                                                             | WEDNESDAY<br>6.18                                                                                             | THURSDAY<br>6.19                                                                                                                                                                                                                                               | FRIDAY<br>6.20 |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Soup<br>汤                     | Jujube and Tremella Soup<br>红枣银耳汤                                                                                                       | Tomato & Egg Soup<br>番茄蛋花汤                                                                                                                                                  | Sweet& Sour Plum Soup<br>酸梅汤                                                                                  |  Tom Gha Gai<br>泰式椰汁鸡汤                                                                                                                                                      |                |
| Daily Western Special<br>西式特式 | Kanto Stew<br>关东煮<br>Vegetable Tempura<br>蔬菜天妇罗                                                                                         |  Beef Fajita<br>墨西哥法吉塔牛肉卷<br>Tomato Salsa<br>番茄莎莎<br>Guacamole<br>牛油果酱<br>Nachos<br>玉米片    | Buffalo Chicken Wings<br>美式水牛城辣翅<br>Vegetable Sticks<br>蔬菜条<br>French Fries<br>薯条                             | Orleans Roast Chicken<br>奥尔良烤鸡<br>Sauteed Vegetables<br>黄油时蔬<br>Pasta with Pesto Sauce<br>青酱意面                                                                                                                                                                 | Holiday        |
| Daily Asian Special<br>亚式特式   |  Teriyaki Beef Rice with<br>Enoki Mushroom<br>照烧金针菇肥牛饭 | Sliced Fish in Hot Chili Oil<br>水煮鱼 <br>Stir-Fried Cabbage<br>炆炒包菜<br>Steamed Rice<br>米饭 | Hainan Chicken Rice<br>海南鸡饭                                                                                   | Thai Food Festival<br>泰国美食节<br>Thai Fried Rice with Pork<br>泰式打抛猪肉饭                                                                                                                                                                                            |                |
| Noodle Bar<br>面档              |  Beef Rice Noodle in<br>Sour Broth<br>酸汤肥牛米线         | Cantonese Dim Sum<br>Platter<br>广式点心拼盘                                                                                                                                      |  Pasta Bolognese<br>肉酱意面 |  Thai Food Festival<br>泰国美食节<br>Tom Yum Kung Seafood Rice<br>Noodle Soup <br>冬阴功海鲜河粉 |                |

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| STATION               | MONDAY<br>6.16                                                                                                      | TUESDAY<br>6.17                                                                            | WEDNESDAY<br>6.18                                                                           | THURSDAY<br>6.19                                                                                       | FRIDAY<br>6.20 |
|-----------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------|
| Chinese Station<br>中式 | Stir-fry Pork with Garlic Sprouts and Fungus<br>蒜苗木耳炒肉片<br>Sautéed Cabbage with Tofu<br>杭白菜豆腐<br>Steamed Rice<br>米饭 | Sweet & Sour Fish<br>糖醋鱼<br>Wok-Fried Cabbage with Carrot<br>胡萝卜炒圆白菜<br>Steamed Rice<br>米饭 | Braised Beef with Turnip<br>萝卜牛腩<br>Scrambled Egg with Tomato<br>番茄炒蛋<br>Steamed Rice<br>米饭 | Shandong Fried Chicken<br>山东炒鸡<br>Stir-fry Cabbage in Black Bean Sauce<br>豆豉汁炒包菜<br>Steamed Rice<br>米饭 | Holiday        |
| Sandwich<br>三明治       | Texas Roast Beef & Cheese Panini<br>德克萨斯牛肉奶酪帕尼尼                                                                     | Black Pepper Beef Panini<br>黑椒牛肉帕尼尼                                                        | Bacon & Egg Panini<br>培根鸡蛋帕尼尼                                                               | Pesto Chicken Sandwich<br>青酱鸡肉三明治                                                                      |                |
| Salad Bar<br>沙拉吧      | 4 Kinds of Vegetable<br>4款鲜蔬                                                                                        |                                                                                            |                                                                                             |                                                                                                        |                |
|                       | 2 Kinds of Whole Grains<br>2款杂粮                                                                                     |                                                                                            |                                                                                             |                                                                                                        |                |
|                       | 2 Kinds of Fruits<br>2款水果                                                                                           |                                                                                            |                                                                                             |                                                                                                        |                |
|                       | 2 Kinds of Dressing<br>2款酱汁                                                                                         |                                                                                            |                                                                                             |                                                                                                        |                |
| Nutritional<br>营养搭配   | Milk/Yogurt<br>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      |