

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian

















Seafood



Halal



STATION	MONDAY 8.18	TUESDAY 8.19	WEDNESDAY 8.20	THURSDAY 8.21	FRIDAY 8.22
Soup 汤			Duck Soup with Pearl Barley and Mushroom 虫草花薏米老鸭汤	Traditional Pear Soup 小吊梨汤	Beef Meatballs, Vegetable & Tofu Soup 牛肉丸子蔬菜豆腐汤
G1-G5 Western Set Menu A G1-G5西式套餐A			 Chicken Tikka Masala  印度鸡肉玛莎拉 Cooking Chickpeas with Seasonal Vegetables 时蔬煮鹰嘴豆 Naan 印度烤饼 	 Baked Rice with Cheese and Meat Sauce 芝士鸡肉酱焗饭 Sautéed Vegetable 黄油时蔬 	 Roasted Pork with Plum Sauce 烤猪肉配梅子酱 Sautéed Broccoli with Cauliflower 双色菜花 Roasted Potato 香烤小土豆 
G1-G5 Chinese Set Menu B G1-G5中式套餐B			Steamed Fish with Soya Sauce 清蒸鱼  Stir-Fried Bean Curd with Spinach 菠菜炒豆皮 Steamed Rice 米饭 	 Stir-Fried Beef with Tea Tree Mushroom 茶树菇炒牛肉 Sautéed Zucchini 小炒节瓜 Steamed Rice 米饭 	 Xinjiang Food Festival  新疆美食节 Xinjiang Mutton Pilaf 新疆羊肉手抓饭 Sautéed Cabbage 清炒包菜 

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)
644	32.5	76.0	20.9

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STATION	MONDAY 8.18	TUESDAY 8.19	WEDNESDAY 8.20	THURSDAY 8.21	FRIDAY 8.22
G1-G5 Sandwich Station G1-G5三明治档口			Pulled Pork Panini 美式手撕猪肉帕尼尼	 Chicken & Cheese Ciabatta Sandwich 鸡肉奶酪恰巴塔三明治	 Xinjiang Food Festival 新疆美食节 Cumin Sesame Naan 孜然芝麻烤馕
G1-G5 Noodle Station G1-G5面档			 Noodle with Tomato & Beef 番茄牛肉面 Green Vegetables 白灼蔬菜	 Three-Cups of Duck Daikon Soup Noodles 三杯鸭盖浇面 Green Vegetables 白灼蔬菜	 Xinjiang Food Festival 新疆美食节 Xinjiang Braised Chicken with Noodle 大盘鸡配拉条子 Green Vegetables 白灼蔬菜
Beverage 饮品	Milk/Yogurt + Whole Grain 牛奶/酸奶 + 杂粮				

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 8.25	TUESDAY 8.26	WEDNESDAY 8.27	THURSDAY 8.28	FRIDAY 8.29
Soup 汤	Egg & Corn Soup 鸡茸粟米羹	Minced Beef Broth 西湖牛肉羹	Radish & Vermicelli Soup 萝卜粉丝汤	Cream of Mushroom Soup 奶油蘑菇汤	Congee with Red Date and Chinese Yam 红枣淮山鸡肉粥
G1-G5 Western Set Menu A G1-G5西式套餐A	 Grilled Fish in Butter Sauce  法式烤鱼配黄油汁 Sauteed Broccoli 清炒西兰花 Garlic Bread 蒜香面包 	Orleans Chicken Burger 奥尔良鸡腿堡  French Fries 薯条 Sauteed Vegetable 黄油时蔬 	 Teriyaki Chicken 照烧鸡 Mixed Vegetable 混合什蔬 Homemade Soft Roll 自制小餐包 	 Bacon with Mushroom Risotto 意式培根蘑菇烩饭 Red Kidney Beans with Celery 西芹红腰豆 	 Japanese Beef Curry Rice 日式咖喱牛肉饭 Braised Japanese Tofu with Enoki Mushroom 金针菇烧日本豆腐 
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Moo Shu Pork 木须肉 Braised Baby Cabbage in Broth 上汤娃娃菜 Steamed Rice 米饭 	 Slow Roasted Beef Brisket 慢火烧牛腩 Stewed Egg Tofu with Loo Kcal 丝瓜玉子豆腐 Steamed Rice 米饭 	 Stir-Fried Beef Mince with Lettuce 莴笋炒牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕 	 Hakka Style Salt-Baked Chicken 客家盐焗鸡 Garlic Bok Choy 蒜茸上海青 Steamed Rice 米饭 	Stir-Fried Shrimp  清炒虾仁 Sauteed Shredded Potato 香炒土豆丝 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)
650	36.7	80.8	21.4

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STATION	MONDAY 8.25	TUESDAY 8.26	WEDNESDAY 8.27	THURSDAY 8.28	FRIDAY 8.29
G1-G5 Sandwich Station G1-G5三明治档口	 Philly Beef and Cheese Panini 费城芝士牛肉帕尼尼 	 Tuna Panini 金枪鱼帕尼尼 	 Ham & Mozzarella Cheese Panini 火腿芝士帕尼尼 	 Salami Pizza 萨拉米披萨 	 Banh Mi 越南法棍三明治 
G1-G5 Noodle Station G1-G5面档	Yeung Chow Fried Rice 扬州炒饭 Green Vegetables 白灼蔬菜 	 Braised Eggplant and Pork Sweet Potato Powder 茄子肉酱红薯粉 Green Vegetables 白灼蔬菜 	 Noodle with Plant-Based Meat and Soybean Paste 素炸酱面 Green Vegetables 白灼蔬菜 	 Braised Beef Noodle Soup 红烧牛腩乌冬面 Green Vegetables 白灼蔬菜 	 Chicken Noodles with Egg 鸡肉卤蛋刀削面 Green Vegetables 白灼蔬菜 
Beverage 饮品	Milk/Yogurt + Whole Grain 牛奶/酸奶 + 杂粮				

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)
388	15.2	50.3	14.0