

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
Vegetable Stick 蔬菜条			Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
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
KGT Chinese 幼儿园中式			Steamed Fish with Soya Sauce 清蒸鱼 Stir-Fried Bean Curd With Spinach 菠菜炒豆皮 Steamed Rice 米饭	NEW TRY NOW Stir-Fried Beef with Tea Tree Mushroom 茶树菇炒牛肉 Sautéed Zucchini 小炒节瓜 Steamed Rice 米饭 Hanamaki 自制燕麦馒头	NEW TRY NOW Xinjiang Food Festival 新疆美食节 Xinjiang Mutton Pilaf 新疆羊肉手抓饭 Sautéed Cabbage 清炒包菜
KGT Western 幼儿园西式			Halal Chicken Tikka Masala 印度鸡肉玛莎拉 Naan 印度烤饼	NEW TRY NOW Chicken & Cheese Ciabatta Sandwich 鸡肉奶酪恰巴塔三明治	Xinjiang Braised Chicken with Noodle 大盘鸡配拉条子

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)
455	33.1	43.3	13.8

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STATION	MONDAY 8.25	TUESDAY 8.26	WEDNESDAY 8.27	THURSDAY 8.28	FRIDAY 8.29
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	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
KG Chinese 幼儿园中式	Moo Shu Pork 木须肉 Braised Baby Cabbage in Broth 上汤娃娃菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Slow Roasted Beef Brisket 慢火烧牛腩 Stewed Egg Tofu with Loo kcal 丝瓜玉子豆腐 Steamed Corn 蒸玉米	Str-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 Steamed Pumpkin 蒸南瓜	Stir-fried Shrimp 清炒虾仁 Sauteed Shredded Potato 香炒土豆丝 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯
KG Western 幼儿园西式	Philly Beef and Cheese Panini 芝士牛肉帕尼尼	Orleans Chicken Burger 奥尔良鸡腿堡	Teriyaki Chicken 照烧鸡	Salami Pizza 萨拉米披萨	Japanese Beef Curry 日式咖喱牛肉

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)
499	31.9	58.0	16.6