

WEEKLY MENU



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
Daily Western Special 西式特式			Baked Fish Flet with Cheese and Spinach 芝士菠菜焗鱼柳 Homemade Soft Roll 自制小餐包	  Baked Beef Meatball with Mushroom Gravy 意式什香草牛肉丸配蘑菇肉汁 Buttered Broccoli and Carrot 黄油西兰花葫芦卜 Garlic Bread 蒜香面包	 Shawarma Roasted Chicken 沙尔马烤鸡肉 Carrot ,Turnip, Colored Pepper and Celery 什锦蔬菜 Fried Rice with Turkish Tomato Sauce 土耳其番茄酱炒饭
Daily Asian Special 亚式特式			Pattaya Style Roasted Chicken 泰式香茅排骨 Thai Style Fried Rice Noodle with Pork 泰式菠萝炒饭	 Korean Fried Chicken 韩式炸鸡 Korean Kimchi Fried Rice 泡菜炒饭 Kimchi White Radish 泡菜白萝卜	 Xinjiang Food Festival 新疆美食节 Roasted Mutton with Naan 馕包羊肉 Mixed Vegetable 新疆大拌菜
Noodle Bar 面档			 Beef Brisket with Tomato Noodle Soup 番茄牛腩面	Shanxi Stewed Pork Noodles 山西小炖肉刀削面	 Xin Jiang Braised Chicken 新疆大盘鸡 Braised Noodle 拉条子

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STATION	MONDAY 8.18	TUESDAY 8.19	WEDNESDAY 8.20	THURSDAY 8.21	FRIDAY 8.22
Chinese Station -Set Menu 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	<div>NEW TRY NOW</div> Stir-Fried Beef with Tea Tree Mushroom 茶树菇炒牛肉 Sautéed Zucchini 小炒节瓜 Steamed Rice 米饭	Stir-Fry Pork with Mushroom 平菇炒猪肉 Braised Winter Melon 烧冬瓜 Steamed Rice 米饭
Sandwich 三明治			<div>Halal</div> Black Pepper Beef Panini 黑椒牛肉帕尼尼	Bacon & Egg Panini 培根鸡蛋帕尼尼	<div>Halal</div> Chicken and Pineapple Mozzarella Pizza 奥尔良鸡肉菠萝马祖里拉芝士披萨
Salad Bar 沙拉吧	4 Kinds of Vegetable 4款鲜蔬				
	2 Kinds of Whole Grains 2款杂粮				
	2 Kinds of Fruits 2款水果				
	2 Kinds of Dressing 2款酱汁				
Nutritional 营养搭配	Milk/Yogurt 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

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Halal



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
Daily Western Special 西式特式	Roasted Beef with Black Pepper and Mushroom Sauce, Potato Wedge, Vegetable 烤牛柳配黑椒蘑菇汁 土豆角、西兰花、胡萝卜	 Sicilian Cheese Baked Chicken 西西里奶酪焗鸡扒 Sauteed Broccoli with Cauliflower 双色菜花 Roasted Potato 香烤小土豆	Grilled Pork Steak with Egg and Parmesan Cheese and Mustard Sauce 菲吉塔猪扒配鸡蛋芝士配蜂蜜芥 末汁 Seasonal Vegetable 时令蔬菜 Mashed Potato with Gravy 烧汁土豆泥	 Beef Biryani 牛肉比亚尼焖饭 Papad 印度薄饼 Yoghurt and Cucumber Sauce 酸奶黄瓜汁	 Flame Italian-style Milan Salmon Steak 意式米兰三文鱼排 Okra and Colorful Pepper Strips 秋葵彩椒条 Farfalle with Tomato Sauce 蝴蝶面配西红柿汁
Daily Asian Special 亚式特式	Fried Pork with Japanese Wasabi Sauce 青芥沙拉汁日式炸猪排 Vegetable Sushi 日式蔬菜寿司 Pickled Cabbage 日式泡菜	 Japanese Style Scrambled Egg with Beef 日式滑蛋牛肉 Stir-Fried Broccoli with Carrot 菜花配胡萝卜 Japanese Flavor Sesame & Seaweed Rice 日式芝麻海苔饭	Dry Fried Prawns in Tomato Sauce 茄汁干烧大明虾 Stir-fry Cabbage in Black Bean Sauce 豆豉汁炒包菜 Steamed Rice 米饭	Steamed Spareribs in Black Bean Sauce 豉汁蒸排骨 Braised Bok Choy 小炒上海青 Steamed Rice 米饭	 Vietnam Style Slow-Steed Drumstick 越式慢烤鸡腿 Seasonal Vegetable 时令蔬菜 Vietnamese Fried Ric 越式金不换炒饭
Noodle Bar 面档	Mushroom Bisque Udon 菌菇浓汤乌冬面	Pickled Mustard & Shred Pork with Rice Noodles in Soup 榨菜肉丝汤米粉	 Three cups of Duck Daikon Soup Noodles 三杯鸭腿盖浇面	Hot Oil Noodles 油泼面	Sweet Potato Noodles with Sauerkraut and Shredded Pork 酸菜肉丝红薯粉

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STATION	MONDAY 8.25	TUESDAY 8.26	WEDNESDAY 8.27	THURSDAY 8.28	FRIDAY 8.29
Chinese Station 中式	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	 Hakka Style Salt-Baked Chicken 客家盐焗鸡 Garlic Bok Choy 蒜茸上海青 Steamed Rice 米饭	Sauteed Pork 农家小炒肉 Stewed Cabbage and Tofu 白菜炖豆腐 Steamed Rice 米饭
Sandwich 三明治	 Chicken Panini 鸡肉帕尼尼	 Texas Roast Beef & Cheese Panini 德克萨斯牛肉 奶酪帕尼尼	Italian Beef Pizza 意大利牛肉披萨	Italian Tuna Pizza 意式金枪鱼 洋葱披萨	 Roast Chicken Sandwich 烤鸡肉三明治
Salad Bar 沙拉吧	4 Kinds of Vegetable 2 Kinds of Whole Grains 2 Kinds of Fruits 2 Kinds of Dressing 4款鲜蔬 2款杂粮 2款水果 2款酱汁				
Nutritional 营养搭配	Milk/Yogurt 牛奶/酸奶				

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