

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal

STATION	MONDAY 9.1	TUESDAY 9.2	WEDNESDAY 9.3	THURSDAY 9.4	FRIDAY 9.5
Soup 汤	Mung Bean Soup 绿豆汤	Miso Soup 味噌汤	Goji Berry & Fungus Soup 枸杞银耳汤	French Onion Soup 法式洋葱汤	Carrots & Corn Chicken 胡萝卜玉米炖鸡汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Teriyaki Chicken 日式照烧鸡 Japanese Curry 日式咖喱 Vegetables 蔬菜 Homemade Soft Roll 自制小餐包 	Roast Pork Chop with Lemongrass 柠檬草烤猪肉 Sauteed Mixed Vegetable 混合蔬菜 Roasted Potato 香烤土豆 	Korean Style Sauteed Pork 韩式炒猪肉 Korean Rice Cake 韩式炒年糕 	Beef Lasagna 牛肉千层面 Sauteed Vegetable 黄油时蔬 	Fish with Cherry Tomato and Basil 番茄罗勒烤鱼 Sauteed Broccoli with Cauliflower 双色菜花 Roasted Potato 香烤土豆
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Steamed Fish Fillet with Scallion 香葱蒸鱼 Stir-fried Bell Pepper with Tofu Skin 豆皮炒彩椒 Steamed Rice 米饭 	Cantonese Braised Chicken in Soya Sauce 粤式豉油鸡 Garlic Stem Lettuce 蒜蓉青笋 Steamed Rice 米饭 Hanamaki 自制燕麦馒头 	Braised Vegetarian Beef 红烧素牛肉 Stir-fry Cucumber with Egg 鸡蛋炒黄瓜 Steamed Rice 米饭 	Braised Chicken Ball in Brown Sauce 红烧鸡肉狮子头 Poached Chinese Cabbage 白灼奶白菜 Steamed Rice 米饭 	Braised Beef 豆结烧牛肉 Braised Turnip 家常萝卜 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)
656	34.5	77.1	21.0

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STATION	MONDAY 9.1	TUESDAY 9.2	WEDNESDAY 9.3	THURSDAY 9.4	FRIDAY 9.5
G1-G5 Sandwich Station G1-G5三明治档口	 Pesto Chicken Sandwich 青酱鸡肉三明治 	 Philly Beef and Cheese Sandwich 费城芝士牛肉三明治 	 Italian Beef Sauce Pizza 意式牛肉酱披萨 	 Lyonnaisse Sausage Panini 里昂那香肠帕尼尼 	 Ham & Mozzarella Cheese Sandwich 火腿芝士三明治 
G1-G5 Noodle Station G1-G5面档	  Stir-fried Chinese Pancake with Vegetable 蔬菜牛肉炒饼丝 	 Nasi Goreng Rice with Chicken 印尼炒饭配鸡肉 Green Vegetables 白灼蔬菜 	 Chicken Rice Noodle in Marinated Soup 卤汤鸡腿米粉 Green Vegetables 白灼蔬菜 	  Rongchang Pavement Noodle Soup (Pork) 荣昌铺盖面 (猪) Green Vegetables 白灼蔬菜 	  Noodle with Plant-Based Meat and Soybean Paste 炸酱面(素) Green Vegetables 白灼蔬菜 
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit + Whole Grain 牛奶/酸奶/100%果汁 + 水果 + 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)
368	20.1	45.0	12.0

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by sodexo

STATION	MONDAY 9.8	TUESDAY 9.9	WEDNESDAY 9.10	THURSDAY 9.11	FRIDAY 9.12
Soup 汤	Chicken with Mushroom Soup 茶树菇炖老鸡汤	Creamy Potato & White Bean Soup 土豆奶油白豆汤	Mixed Mushroom & Tofu Soup 杂菌豆腐羹	Traditional Pear Soup 小吊梨汤	Pozole 墨西哥玉米汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Roasted Chicken with Gravy 美式烤鸡胸 Sauteed Vegetable 黄油时蔬 Garlic Bread 蒜香面包	BBQ Chicken Chop 烤鸡扒 Stir-fried Carrots with Baby Corn 玉米笋炒胡萝卜 Roasted Potato with Garlic & Rosemary 迷迭香烤土豆	Beef Rendang 仁当牛肉 Grilled Zucchini 烤西葫芦 Homemade Soft Roll 自制小餐包	Fried Italian-style Milan Fish Slices 意式米兰炸鱼条 Eggplant and Colorful Pepper Strips 意式茄子白菜花彩椒条 Small Vanilla Potato 香草小土豆	Food Festival 墨西哥美食节 Enchilada Chicken 墨西哥鸡肉奶酪卷饼
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Stir-fried Chinese Zucchini and Pork 翠玉瓜炒肉 Chinese Cabbage 炒白菜 Steamed Rice 米饭	Sauteed Beef with Scallion 葱爆牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Hanamaki 自制花卷	Stir-fried Shrimp with Cucumber & Corn 青瓜玉米炒虾仁 Sauteed Shredded Potato in Vinegar 醋溜土豆丝 Steamed Rice 米饭	Steamed Chicken with Mixed Mushroom 菌菇蒸鸡 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭	Braised Pork with Bamboo 雷笋红烧肉 Sautéed Cabbage 清炒包菜 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 9.8	TUESDAY 9.9	WEDNESDAY 9.10	THURSDAY 9.11	FRIDAY 9.12
G1-G5 Sandwich Station G1-G5三明治档 □	Tuna Panini 金枪鱼帕尼尼 	Salami Pizza 猪肉萨拉米披萨	Chicken Panini 鸡肉帕尼尼	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼 尼	 Food Festival 墨西哥美食节 Pambazo (Prok) 普埃布拉三明治
G1-G5 Noodle Station G1-G5面档	Pork Rice Noodle with Mushroom 香菇猪肉汤粉 Green Vegetables 白灼蔬菜	 Japanese Sesame & Seaweed Rice 日式海苔鸡肉饭 Japanese Flavor Mushroom 日式风味蘑菇	 Fried Penne with Italian Sausage and Vegetable 意式香肠蔬菜炒斜切 面	 Beijing Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜	 Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit + Whole Grain 牛奶/酸奶/100%果汁 + 水果 + 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)
372	18.5	46.5	12.5

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STATION	MONDAY 9.15	TUESDAY 9.16	WEDNESDAY 9.17	THURSDAY 9.18	FRIDAY 9.19
Soup 汤	Fried egg and loofah vermicelli soup 煎丝瓜粉丝汤	Cream of Cauliflower Soup 奶油白菜花汤	Pumpkin Congee 南瓜粥	Tomato & Basil Soup 番茄罗勒汤	Cordyceps Flowers and Chicken Soup 鲜虫草花煲老鸡 
G1-G5 Western Set Menu A G1-G5西式套餐A	  Chicken Cutlet 吉列炸鸡扒 Poached Broccoli 白灼西兰花 Mashed Potato with Beef Sauce 芝士焗土豆泥配牛肉汁 	Roasted Duck Breast with Orange 香橙烤鸭胸 Boiled Brccoli in Salt 盐水煮西兰花 Baked Mini Potato with Herb 焗荷兰迷你土豆 	 Curry Chicken 印度咖喱鸡 Mixed Vegetable 混合什蔬 Naan 印度烤饼 	 Beef Hot Dog 牛肉热狗 Mixed Vegetable 混合什蔬 	 Boeuf Bourguignon 勃艮第炖牛肉 Grilled Vegetables 烤蔬菜 Homemade Soft Roll 自制小餐包 
G1-G5 Chinese Set Menu B G1-G5中式套餐B	  Green Peas with Beef 甜豌豆牛肉粒 Poached Chinese Cabbage 白灼奶白菜 Steamed Rice 米饭 	Sautéed Pork with Bell Pepper 彩椒猪肉丝 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭 Hanamaki 自制馒头 	 Braised Beef with Tomato 番茄牛腩 Sautéed Zucchini 清炒小瓜 Braised Rice with Beans 豆焖饭 	  Stir-fried Pork with Tofu 猪肉炒千叶豆腐 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 	 Guangxi Food Festival 广西美食节 Lemon duck 柠檬鸭 Stir fried Mushrooms with luffa 丝瓜炒蘑菇 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)
600	29.5	80.5	18.5

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STATION	MONDAY 9.15	TUESDAY 9.16	WEDNESDAY 9.17	THURSDAY 9.18	FRIDAY 9.19
G1-G5 Sandwich Station G1-G5三明治档口	 Creamy Mushroom and Spinach Panini 奶油蘑菇菠菜帕尼尼 	Salami Pizza 牛肉萨拉米披萨 	 Crad and Willow Sandwich 蟹柳三明治 	 Chicken Rice Flower Pizza 爆香鸡米花披萨  	 Guangxi Food Festival 广西美食节 Pork glutinous rice cake 猪肉糯米糍粑 
G1-G5 Noodle Station G1-G5面档	 Braised Mince Pork Noodle Beijing Style 北京打卤面 (猪肉片、黄花、木耳、冬笋、香菇、鸡蛋、榛菇) 	 Yun Singapore Fried Noodle 星洲鸡肉炒米粉 Green Vegetables 白灼蔬菜 	 Japanese Sesame & Seaweed Rice 日式海苔鸡肉手抓饭 Japanese Flavor Mushroom 日式风味蘑菇 	 AnHui Beef Noodle 安徽牛肉板面 Green Vegetables 白灼蔬菜 	 Guangxi Food Festival 广西美食节  Old Friend Fan 广西老友粉鸡肉 
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit + Whole Grain 牛奶/酸奶/100%果汁 + 水果 + 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)
396	18.3	49.7	13.8

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STATION	MONDAY 9.22	TUESDAY 9.23	WEDNESDAY 9.24	THURSDAY 9.25	FRIDAY 9.26
Soup 汤	Tomato & Egg Soup 番茄蛋汤	Seaweed & Egg Soup 紫菜蛋花汤	Turnip & Vermicelli Soup 萝卜粉丝汤	Pearl Barley and Red Bean Soup 薏米红豆粥	Minced Beef & Tofu Soup 西湖牛肉羹
G1-G5 Western Set Menu A G1-G5西式套餐A	Orleans Chicken Burger 奥尔良鸡腿堡 French Fries 薯条 Sauteed Vegetable 黄油时蔬	Beef Lasagna 牛肉千层面 Sauteed Cauliflower 黄油椰菜花	Roast Chicken with Spice 香草烤鸡 Potato Pave 千层土豆 !Stir-fried Cabbage 清炒双色甘蓝	Thai-style Minced Pork 泰式打抛猪肉 Mixed Vegetable 混合时蔬 Baguette 蒜香牛油法棍	Pan-Fried Fish Fillet with Tomato Sauce 意式煎鱼柳番茄汁 Mixed Vegetable 混合时蔬 Roasted Potato 香烤小土豆
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Stewed Beef with Potato 土豆牛腩 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭	Sour Plum Roast Duck 酸梅烤鸭 Stewed Tofu with Mixed Vegetable 豆腐蔬菜 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	Braised Beef with Enoki Mushroom 金针菇牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	Crab-flavored Fish 赛螃蟹鱼肉 Sauteed Spinach 炒菠菜 Steamed Rice 米饭	Braised Pork with Eggplant 肉末烧茄子 Sauteed Potato with Bell Pepper 青椒土豆丝 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)
657	36.7	85.8	20.4

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STATION	MONDAY 9.22	TUESDAY 9.23	WEDNESDAY 9.24	THURSDAY 9.25	FRIDAY 9.26
G1-G5 Sandwich Station G1-G5三明治档口	Bacon & Egg Panini 培根鸡蛋帕尼尼	Tuna Panini 金枪鱼帕尼尼	Pizza Margherita 玛格丽特披萨 (素)	Pesto Chicken Sandwich 青酱鸡肉三明治	Banh Mi 越南鸡肉法棍三明治
G1-G5 Noodle Station G1-G5面档	Vietnamese Chicken Rice Noodle 越南鸡肉粉 Green Vegetables 白灼蔬菜	Shanghai Pork Bun 上海小笼包 Vegetable Bun 素菜包 Green Vegetables 白灼蔬菜	Stir-fried Noodle with Cabbage and Pork 包菜猪肉丝炒面	Fusilli with Cherry Tomato, Olives & Beef 番茄橄榄牛肉意面 Green Vegetables 白灼蔬菜	Noodles with Slice Lamb Shanxi Style 陕西羊肉臊子面 Green Vegetables 白灼蔬菜
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit + Whole Grain 牛奶/酸奶/100%果汁 + 水果 + 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