

WEEKLY MENU

STATION	MONDAY 9.1	TUESDAY 9.2	WEDNESDAY 9.3	THURSDAY 9.4	FRIDAY 9.5
ES Morning Snack 小学 上午间点	Banana Bread 香蕉包 Milk 牛奶	Red Date Roll 红枣卷 100% Juice 100%果汁	Bean Paste Buns 豆沙包 Fruit Infused Water 果泡水	Chiffon Cake 戚风蛋糕 Lemon Water 柠檬水	Swiss Roll 瑞士卷 100% Juice 100%果汁
ES Afternoon Snack 小学 下午间点	 Chocolate Muffin 巧克力玛芬 Fruit Infused Water 果泡水	Meat Floss Bun 肉松面包 Passion Fruit and Lemon Water 百香果柠檬水	Honey Bread 蜂蜜小面包 Milk 牛奶	Raisin Bread 葡萄干软包 Red Bean Paste with Coconut Milk 椰奶红豆沙	Potato Balls 咸味薯球 Fruit Infused Water 果泡水

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)
244	9.6	35.3	7.2

WEEKLY MENU

STATION	MONDAY 9.8	TUESDAY 9.9	WEDNESDAY 9.10	THURSDAY 9.11	FRIDAY 9.12
ES Morning Snack 小学 上午间点	Butter Cake 黄油蛋糕 Milk 牛奶	Purple Sweet Potato Bread 紫薯包 100% Juice 100%果汁	Milk-flavored Bean Paste Roll 奶香豆沙卷 Fruit Infused Water 果泡水	Banana Bread 香蕉包 Lemon, Cucumber & Mint Water 柠檬黄瓜薄荷水	Steamed Traditional Cake 原味蛋糕 100% Juice 100%果汁
ES Afternoon Snack 小学 下午间点	Coconut Cracker 椰蓉饼干 Honey & Jujube Water 蜂蜜红枣水	Pumpkin Cake 南瓜蛋糕 Sweet & Sour Plum Soup 酸梅汤	Dorayaki 铜锣烧 Milk 牛奶	 Chocolate Tarts 巧克力蛋挞 Mung Bean Soup 绿豆汤	 Mexican Bread 墨西哥面包 Pear and Water Chestnut Soup 冰糖雪梨马蹄水

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)
252	10.0	32.3	9.0

WEEKLY MENU

STATION	MONDAY 9.15	TUESDAY 9.16	WEDNESDAY 9.17	THURSDAY 9.18	FRIDAY 9.19
ES Morning Snack 小学 上午间点	 Cheese Toast 乳酪吐司 Lemon Water 柠檬水	Jujube Cake 北京枣糕 100% Juice 100%果汁	Waffle 华夫饼 Fruit Infused Water 果泡水	Cranberry Butter Cake 蔓越莓黄油蛋糕 Milk 牛奶	Fruit Jam Cake 果酱蛋糕 100% Juice 100%果汁
ES Afternoon Snack 小学 下午间点	Nori Bread 海苔面包 Hawthorn & Jujube Water 蜂蜜山楂红枣水	 Cranberry Scone 蔓越莓司康饼 Red Bean and Barley 红豆薏米水	Green Bean Pastry 绿豆饼 Milk 牛奶	 Salty Cheese Crackers 咸味芝士饼干 Water Chestnut & Honey Water 蜂蜜马蹄水	Focaccia 意式香草面包 Osmanthus and Red Bean Soup 桂花红豆汤

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)
244	9.6	35.3	7.2

WEEKLY MENU

STATION	MONDAY 9.22	TUESDAY 9.23	WEDNESDAY 9.24	THURSDAY 9.25	FRIDAY 9.26
ES Morning Snack 小学 上午间点	Red Bean Pastry 红豆饼 100% Juice 100%果汁	Green Tea Cake 绿茶蛋糕 Milk 牛奶	Pineapple Bun 菠萝包 Passion Fruit and Lemon Water 百香果柠檬水	Chiffon Cake 戚风蛋糕 100% Juice 100%果汁	 Moon Cake 月饼 Fruit Infused Water 果泡水
ES Afternoon Snack 小学 下午间点	Muffin 玛芬 Warm Lemon & Honey Water 温柠檬蜂蜜水	 Coconut Bread 椰蓉面包 Sweet & Sour Plum Soup 酸梅汤	Salted Egg Yolk Pastry 咸蛋黄一口酥 Milk 牛奶	Egg Tart 蛋挞 Mung Bean Soup 绿豆汤	Hash Brown 薯饼 Apple Pear Soup 苹果梨汤

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)
253	11.5	33.5	8.3