

# 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
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	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
KGT Chinese 幼儿园中式	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 Steamed Pumpkin 蒸南瓜 	 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 Steamed Sweet Potato 蒸红薯 	 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 Steamed Purple Sweet Potato 蒸紫薯 	 Braised Beef 豆结烧牛肉  Braised Turnip 家常萝卜 Steamed Rice 米饭 Steamed Corn 蒸玉米 
KGT Western 幼儿园西式	 Teriyaki Chicken 日式照烧鸡 	Roast Pork Chop with Lemongrass 柠檬草烤猪肉 	 Italian Beef Sauce Pizza 意式牛肉酱披萨  	 Beef Lasagna 牛肉千层面 	Ham & Mozzarella Cheese Sandwich 火腿芝士三明治 

## 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)
467	35.0	42.0	14.9

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STATION	MONDAY 9.8	TUESDAY 9.9	WEDNESDAY 9.10	THURSDAY 9.11	FRIDAY 9.12
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	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
KGT Chinese 幼儿园中式	Stir-fried Chinese Zucchini and Pork 翠玉瓜炒肉 Chinese Cabbage 炒白菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	 Sautéed 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  Sautéed Shredded Potato in Vinegar 醋溜土豆丝 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	 Steamed Chicken with Mixed Mushroom 菌菇蒸鸡 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	 Braised Pork with Bamboo 雷笋红烧肉 Sautéed Cabbage 清炒包菜 Steamed Rice 米饭 Steamed Corn 蒸玉米
KGT Western 幼儿园西式	 Roasted Chicken with Gravy 美式烤鸡胸	 BBQ Chicken Chop 烤鸡扒	 Beef Rendang 仁当牛肉	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼	 Enchilada Chicken 墨西哥鸡肉奶酪卷饼

## 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)
478	31.9	54.0	16.0

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STATION	MONDAY 9.15	TUESDAY 9.16	WEDNESDAY 9.17	THURSDAY 9.18	FRIDAY 9.19
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	Fried egg and loofah vermicelli soup 煎蛋丝瓜粉丝汤	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
KGT Chinese 幼儿园中式	 Green Peas with Beef 甜豌豆牛肉粒  Poached Chinese Cabbage 白灼奶白菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Sautéed Chicken with Bell Pepper 彩椒鸡丝 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 Sauteed Zucchini 清炒小瓜 Braised Rice with Beans 豆焖饭 Steamed Purple Sweet Potato 蒸紫薯	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 Steamed Pumpkin 蒸南瓜	 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 Steamed Corn 蒸玉米
	 Creamy Mushroom and Spinach Panini 奶油蘑菇菠菜帕尼尼	Salami Pizza 牛肉萨拉米披萨	 Curry Chicken 印度咖喱鸡	 Beef and Cheese Sandwich 芝士牛肉三明治	 Boeuf Bourguignon 勃艮第炖牛肉

## 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)
455	33.0	43.3	14.0

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STATION	MONDAY 9.22	TUESDAY 9.23	WEDNESDAY 9.24	THURSDAY 9.25	FRIDAY 9.26
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	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
KGT Chinese 幼儿园中式	Stewed Beef with Potato 土豆牛腩 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	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 Steamed Corn 蒸玉米	Crab-flavored Fish 赛螃蟹鱼肉 Sautéed Spinach 炒菠菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	Braised Pork with Eggplant 肉末烧茄子 Sautéed Potato with Bell Pepper 青椒土豆丝 Steamed Rice 米饭 Moon Cake 月饼
KGT Western 幼儿园西式	Chicken Panini 鸡肉帕尼尼	Beef Lasagna 牛肉千层面	Tuna Panini 金枪鱼帕尼尼	Pesto Chicken Sandwich 青酱鸡肉三明治	Orleans Chicken Burger 奥尔良鸡腿堡

## 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