

Go for it	OK most of the time	Enjoy it once in a while



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
Daily Western Special 西式特式	حلال Shepherd's Pie 英国牧羊人派 (牛肉) Sautéed Cucumber, Basil and Bell Pepper 炒青瓜罗勒彩椒 Butter Soft Bread 黄油面包 NEW TRY NOW \$2.99	حلال Moroccan Lamb Tagine 摩洛哥炖羊肉 Sautéed Mixed Vegetable 混合时蔬 Couscous 古斯米 NEW TRY NOW \$5.99	حلال Turkish Roast Chicken 土耳其烤鸡 Grilled Vegetable 烤时蔬 Pita Bread 口袋饼	حلال Chicken Fricassee 佛理卡西鸡腿 Roasted Cauliflower with Olive Oil 橄榄油烤花菜 Mashed Potato 土豆泥	حلال Beef Cheeseburger 牛肉芝士汉堡 Pickles 酸黄瓜 French Fries 薯条
Daily Asian Special 亚式特式	Hot-Spicy Pot 麻辣香锅 Sautéed Cabbage with Glass Noodle 粉条炒圆白菜 Steamed Rice 白米饭	Cantonese Pot Rice with Sausage & Cured Meat 腊味煲仔饭 Sautéed Cabbage 清炒快菜	Thai Curry Shrimp 泰式咖喱大虾 Mango Sticky Rice with Coconut Milk 椰汁芒果糯米饭	Korean Style Roast Pork Belly with Rice 韩式五花肉拌饭	Fish in Hot Chili Oil 水煮鱼 Braised Bok Choy 小炒上海青 Steamed Rice 米饭
Noodle Bar 面档	حلال Vietnamese Chicken Rice Noodle 越南鸡肉粉	Sichuan Dan Dan Noodle 担担面	حلال Beef Rice Noodle in Sour Broth 酸汤肥牛米粉	حلال ANHUI Beef Noodle 安徽牛肉板面 NEW TRY NOW \$5.99	Japanese Hakata Ramen 日式博多拉面

WEEKLY MENU



STATION	MONDAY 9.1	TUESDAY 9.2	WEDNESDAY 9.3	THURSDAY 9.4	FRIDAY 9.5
Chinese Station -Set Menu 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 	Cantonese Braised Chicken in Soya Sauce 粤式豉油鸡 Garlic Stem Lettuce 蒜蓉青笋 Steamed Rice 米饭 	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  
Sandwich 三明治	Pesto Chicken Sandwich 青酱鸡肉三明治 	Roast Beef Panini 烤牛肉帕尼尼  	Pulled Pork Panini 美式手撕猪肉帕尼尼 	Italian Tuna Onion Pizza 意式金枪鱼洋葱披萨  	Chicken & Cheese Ciabatta Sandwich 鸡肉奶酪恰巴塔三明治  
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/100% Juice 牛奶/酸奶/100%果汁				

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)
811	46.9	92.0	28.4

WEEKLY MENU



Vegetarian



Seafood



Halal



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
Daily Western Special 西式特式	  Beef Fajita 墨西哥法吉塔 烤牛肉卷 Tomato Salsa 莎莎酱 Guacamole 牛油果酱	 Roasted Chicken with Rosemary 迷迭香烤春鸡 Mixed Vegetables 混合时蔬 Roasted Potato 烤土豆	  Garlic Butter Shrimp 法式蒜香奶油虾 Roasted Mushroom & Snow Peas 烤蘑菇配荷兰豆 Garlic Bread 蒜香面包	  Beef & Quinoa Power Bowl 牛排藜麦能量碗	  Food Festival 墨西哥美食节 Chicken Tacos 鸡肉塔可饼 Tomato Salsa 莎莎酱 Guacamole牛油果酱Churros吉事果
Daily Asian Special 亚式特式	 Hainanese Chicken Rice 海南鸡饭	 Japanese Sesame & Beef Seaweed Rice 日式芝麻牛肉海苔饭 Japanese Flavor Mushroom 日式风味蘑菇	Thai Fried Rice with Pork and Egg 泰式打抛猪肉饭	Malaysian Satay Pork 马来沙爹猪肉 Nyonya Mixed Vegetables 娘惹杂菜 Steamed Rice 米饭	 Teriyaki Beef Rice with Enoki Mushroom 照烧金针菇肥牛饭
Noodle Bar 面档	Fried sauce noodles with Beijing flavor 老北京炸酱面 (猪肉)	Qi Shan Pork Sliced Noodle 山西猪肉刀削面	 Spaghetti/Penne 意大利直面/斜切面 Bolognese 牛肉酱 Tomato Sauce 番茄酱	  Braised Chicken Noodle 红烧鸡腿面	 Lanzhou Beef Noodle Soup 兰州牛肉面

WEEKLY MENU



STATION	MONDAY 9.8	TUESDAY 9.9	WEDNESDAY 9.10	THURSDAY 9.11	FRIDAY 9.12
Chinese Station 中式	Stir-fried Chinese Zucchini and Pork 翠玉瓜炒猪肉 Chinese Cabbage 炒白菜 Steamed Rice 米饭	NEW TRY NOW Sauteed Beef with Scallion 葱爆牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	NEW TRY NOW Sauteed Beef with Pepper 尖椒牛肉 Sauteed Shredded Potato in Vinegar 醋溜土豆丝 Steamed Rice 米饭	TRY NOW Steamed Chicken with Mixed Mushroom 菌菇蒸鸡 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭	NEW TRY NOW Braised Pork with Bamboo 雷笋红烧肉 Sautéed Cabbage 清炒包菜 Steamed Rice 米饭
Sandwich 三明治	Tuna Panini 金枪鱼帕尼尼	NEW TRY NOW SEAFOOD HALAL Turkish Pide 土耳其船型牛肉披萨	HALAL Black Pepper Beef Panini 黑椒牛肉帕尼尼	HALAL Banh Mi 越南法棍鸡肉三明治	Bacon & Egg Panini 培根鸡蛋帕尼尼
Salad Bar 沙拉吧	4 Kinds of Vegetable 4款鲜蔬				
Nutritional 营养搭配	2 Kinds of Whole Grains 2款杂粮				
	2 Kinds of Fruits 2款水果				
Nutritional 营养搭配	2 Kinds of Dressing 2款酱汁				
	Milk/Yogurt/100% Juice 牛奶/酸奶/100%果汁				

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

WEEKLY MENU



Vegetarian



Seafood



Halal



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
Daily Western Special 西式特式	 Korean Wok-fried Chicken 韩国烤鸡 Korean Rice Cake 韩式年糕 Kimchi 泡菜	 American Hot Dog 美式牛肉热狗 French Fries 薯条 Mixed Vegetables 混合时蔬 Ketchup/Mustard 番茄沙司/黄芥末	German Fried Pork Chop with Hunter Mushroom Sauce 德式炸猪排配猎人蘑菇酱 Roasted Seasonal Vegetable 烤蔬菜 Poached Potatoes 煮土豆	 Fried Chicken with Waffle 炸鸡配华夫饼 Sauteed Seasonal Vegetable 混合时蔬	Deep-Fried Fish with Tartar Sauce 英式炸鱼配塔塔汁 French Fries 薯条 Vegetable 时蔬
Daily Asian Special 亚式特式	Sauteed Minced Pork with Mixed Chili 黑三剁猪肉 Stir-fry Tomato with Cabbage 番茄小白菜 Steamed Rice 米饭	Grilled Thai Basa fish with & Green Pepper, 泰式烤鱼配青椒 Coconut, Rice 椰浆饭	Eel Rice 鳗鱼饭 Sesame Spinach 芝麻菠菜	Korean Seafood Tofu Soup 韩式海鲜豆腐汤 Kimchi 泡菜 Steamed Rice 米饭	 Guangxi Food Festival 广西美食节 Lipu Taro Braised pork 荔浦芋头扣肉 Stir-Fried Cabbage 清炒杭白菜 Steamed Rice 米饭
Noodle Bar 面档	 Shanghai shrimp Noodles 上海虾仁葱油面	Sichuan Style Sour & Hot Glass Noodles 四川酸辣粉 Chinese Pork Hamburger 猪肉肉夹馍	 Chongqing Noodle 重庆小面鸡肉	 Mushroom and Sparerib Noodle Soup 红烧香菇排骨面	 Guangxi Food Festival 广西美食节 Guilin Rice Noodle 桂林米粉 Fried Chicken Skewers 炸鸡串

WEEKLY MENU



STATION	MONDAY 9.15	TUESDAY 9.16	WEDNESDAY 9.17	THURSDAY 9.18	FRIDAY 9.19
Chinese Station 中式	NEW HALAL 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 彩椒肉丝 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭	HALAL Braised Beef with Tomato 番茄牛腩 Sauteed Zucchini 清炒小瓜 Braised Rice with Beans 豆焖饭	NEW 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	NEW 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
Sandwich 三明治	HALAL NEW Roman Pizza Square with Grilled Vegetable & Ham 罗马方披萨配烤蔬菜火腿(猪肉) Margherita Pizza 玛格丽披萨	HALAL Bourbon Pulled Chicken Panini 鸡肉奶酪帕尼尼	HALAL Texas Roast Beef & Cheese Panini 德克萨斯牛肉奶酪帕尼尼	SEAFOOD Pizza Tonno E Cipolla 意式金枪鱼洋葱披萨	HALAL Roast Chicken Sandwich 烤鸡肉三明治
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/100% Juice 牛奶/酸奶/100%果汁				

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)
814	47.0	91.5	29.0

WEEKLY MENU



Vegetarian



Seafood



Halal



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
Daily Western Special 西式特式	 Buffalo Chicken Wings 美式水牛城辣鸡翅 Vegetable Sticks 蔬菜条 French Fries 薯条	 Beef Stroganoff 俄罗斯酸奶油牛肉 Broccoli and Cherry Tomato 西兰花小番茄 Baguette 蒜香牛油法棍	 Chicken Biryani 印度鸡肉香饭 Sautéed Spinach 炒菠菜	 Steak Diane 黛安牛排  Baked Stuffing Tomato 酿西红柿 Mashed Potato 土豆泥	 Pan-Fried Salmon 香煎三文鱼 Sauteed Broccoli with Cauliflower 双色菜花 Cream Mushroom Pasta 奶油蘑菇螺丝粉
Daily Asian Special 亚式特式	Sauteed Shrimp with Basil 金不换大虾  Stir-fry Bok Choy 小炒上海青 Steamed Rice 米饭	 Steamed Pork Meat Pie 广式蒸肉饼 Stir-Fried Choi Sum 清炒菜心 Stir-fry Rice with XO Sauce and Pineapple XO酱菠萝炒饭	 Sizzling Ribs with Purple Perilla 紫苏排骨啫啫 Luffa and Edamame 丝瓜毛豆 Steamed Rice 米饭	 Chicken with Chili sauce 马来甜辣鸡  Poached Okra 白灼秋葵 Steamed Rice 米饭	 Teriyaki Beef Rice with Enoki Mushroom 照烧金针菇肥牛饭
Noodle Bar 面档	 Japanese Stir-fried Udon 日式肥牛炒乌冬面	  Xinjiang Sauteed Noodle with Mutton 新疆羊肉拉条子	 Cantonese Fried Rice Noodle with Beef 干炒牛河	Tom Yum Kung Seafood Rice Noodle Soup 冬阴功海鲜粉 	Hunan Rice Noodle Soup with Pork 湖南猪肉汤米粉

WEEKLY MENU



STATION	MONDAY 9.22	TUESDAY 9.23	WEDNESDAY 9.24	THURSDAY 9.25	FRIDAY 9.26
Chinese Station 中式	Stir-Fried Duck with Onion and Cumin 洋葱孜然鸭 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭	NEW Sour Plum Roast Duck 酸梅烤鸭 Stewed Tofu with Mixed Vegetable 豆腐蔬菜 Steamed Rice 米饭	Halal Braised Beef with Enoki Mushroom 金针菇牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	NEW Crab-flavored Fish 赛螃蟹 Sauteed Spinach 炒菠菜 Steamed Rice 米饭	NEW Braised Pork with Eggplant 肉末烧茄子 Sauteed Potato with Bell Pepper 青椒土豆丝 Steamed Rice 米饭
Sandwich 三明治	Halal Beef Panini 牛肉帕尼尼	Tuna Panini 金枪鱼帕尼尼	Beef Salami Pizza 牛肉萨拉米披萨	Ham & Mozzarella Cheese Panini 火腿马苏里拉芝士帕尼尼	Halal Banh Mi 越南鸡肉法棍三明治
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/100% Juice 牛奶/酸奶/100%果汁				

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)
826	47.1	90.5	30.7