

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal

STATION	MONDAY 11.3	TUESDAY 11.4	WEDNESDAY 11.5	THURSDAY 11.6	FRIDAY 11.7
Soup 汤	Seaweed & Egg Soup 紫菜蛋花汤	Miso Soup 味噌汤		Lotus Root & Pork Soup 莲藕瘦肉汤	Goji Berry & Fungus Soup 枸杞银耳汤
G1-G5 Western Set Menu A G1-G5西式套餐A	 Beef Hot Dog 牛肉热狗 Sauteed Vegetable 黄油时蔬 	Roast Pork Chop with Lemongrass 柠檬草烤猪肉 Sauteed Mixed Vegetable 混合蔬菜 Roasted Potato 香烤土豆 		 Beef Lasagna 牛肉千层面 Sauteed Vegetable 黄油时蔬 	 Teriyaki Chicken 日式照烧鸡 Japanese Curry Vegetables 日式咖喱蔬菜 Homemade Soft Roll 自制小餐包 
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Braised Fish with Mushroom 蘑菇烧鱼  Wok-Fried Cabbage with Carrot 胡萝卜炒圆白菜 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 		Steamed Fish Fillet with Scallion 香葱蒸鱼  Stir-fry Cucumber with Bean Curd 腐竹炒黄瓜 Steamed Rice 米饭 	 Stewed Beef with Potato 土豆牛腩 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	22.0

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STATION	MONDAY 11.3	TUESDAY 11.4	WEDNESDAY 11.5	THURSDAY 11.6	FRIDAY 11.7
G1-G5 Sandwich Station G1-G5三明治档口	Lyonnaise Sausage Panini 里昂那香肠帕尼尼 	Philly Beef and Cheese Sandwich 费城芝士牛肉三明治 		Pesto Chicken Sandwich 青酱鸡肉三明治 	Ham & Mozzarella Cheese Sandwich 火腿芝士三明治 
G1-G5 Noodle Station G1-G5面档	 Nasi Goreng Rice with Chicken 印尼炒饭配鸡肉 Green Vegetables 白灼蔬菜 	 Yunnan Rice Noodle 云南过桥米线 Green Vegetables 白灼蔬菜 		 Beijing Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜 	 Vietnamese Fish Rice Noodles 越南鱼肉河粉 
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit 牛奶/酸奶/100%果汁 + 水果				

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	20.1	46.0	12.0

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by sodexo

STATION	MONDAY 11.10	TUESDAY 11.11	WEDNESDAY 11.12	THURSDAY 11.13	FRIDAY 11.14
Soup 汤	Chicken with Mushroom Soup 茶树菇炖老鸡汤	Borscht 罗宋汤	Mixed Mushroom & Tofu Soup 杂菌豆腐羹	Traditional Pear Soup 小吊梨汤	Creamy Potato Soup 爱尔兰土豆奶油汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Roasted Chicken with Gravy 美式烤鸡 Sauteed Vegetable 黄油时蔬 Garlic Bread 蒜香面包 	Braised Duck Breast in Black Pepper Sauce 黑椒鸭胸 Sautéed Zucchini & Carrot 胡萝卜西葫芦 Roasted Potato with 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	Orleans Chicken Burger 奥尔良鸡腿堡 French Fries 薯条 Sauteed Vegetable 黄油时蔬	Northern Ireland Food Festival 北爱尔兰美食节 Irish Stew 爱尔兰炖羊肉 Rye Bread 黑麦面包
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Stir-fried Chinese Zucchini and Pork 翠玉瓜炒肉 Sautéed Cabbage 清炒包菜 Steamed Rice 米饭	Stir-fried Beef 杏鲍菇炒牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Oat Steamed Bun 燕麦花卷	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	Braised Pork Meatballs 红烧猪肉丸子 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭	Pineapple Fried Chicken 菠萝咕咾肉 (鸡肉) Sautéed Cabbage with Tofu 白菜豆腐 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)
654	36.7	81.8	21.4

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STATION	MONDAY 11.10	TUESDAY 11.11	WEDNESDAY 11.12	THURSDAY 11.13	FRIDAY 11.14
G1-G5 Sandwich Station G1-G5三明治档口	Tuna Panini 金枪鱼帕尼尼  	Salami Pizza (Pork) 萨拉米披萨(猪肉) 	 Chicken Panini 鸡肉帕尼尼 	 Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼 	 Northern Ireland Food Festival 北爱尔兰美食节 Irish pie (Beef) 爱尔兰馅饼  
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 	 Fried Rice with Beef Ham and Egg 牛肉火腿蛋炒饭 Green Vegetables 白灼蔬菜  	 Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜 	Noodle with Plant-Based Meat and Soybean Paste 炸酱面 Green Vegetables 白灼蔬菜 	 Northern Ireland Food Festival 北爱尔兰美食节 Fusilli with Cherry Tomato, Olives & Beef 番茄橄榄牛肉意面 Green Vegetables 白灼蔬菜 
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit 牛奶/酸奶/100%果汁 + 水果				

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)
376	18.5	47.5	12.5

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STATION	MONDAY 11.17	TUESDAY 11.18	WEDNESDAY 11.19	THURSDAY 11.20	FRIDAY 11.21
Soup 汤	Cabbage & Vermicelli Soup 白菜粉丝汤	Egg & Corn Soup 鸡茸粟米羹	Pumpkin Congee 南瓜粥	Lotus Root Chicken Soup 莲藕鸡肉汤	Egg and Tomato Soup 番茄蛋花汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Chicken Carbonara 鸡肉罗勒香草意面 Sautéed Zucchini & Carrot 胡萝卜西葫芦 	Beef Meatball Risotto 意式牛肉丸奶酪焗饭 Mixed Vegetable 混合什蔬 	Curry Chicken 印度咖喱鸡 Mixed Vegetable 混合什蔬 Naan 印度烤饼 	Pasta Bolognese 肉酱意面 Sauteed Vegetable 黄油时蔬 	Mexican Chicken Rolls 墨西哥鸡肉卷 Grilled Vegetables 烤蔬菜
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Tomato Fish 番茄鱼 Sautéed Bok Choy with Seitan 油菜烧面筋 Steamed Rice 米饭 	Duck Slice with Soy Sauce 豉汁鸭肉 Wok-Fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Oat steamed bun 自制燕麦馒头 	Sautéed Beef with Bell Pepper 彩椒牛肉丝 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭 	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 	Beijing Food Festival 北京美食节 Beijing Roast Beef 老北京炙子烤牛肉 Sauteed Zucchini 清炒小瓜 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)
596	29.5	79.5	18.5

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STATION	MONDAY 11.17	TUESDAY 11.18	WEDNESDAY 11.19	THURSDAY 11.20	FRIDAY 11.21
G1-G5 Sandwich Station G1-G5 三明治档口	 Chicken Panini 鸡肉帕尼尼 	 Italian Beef Pizza 牛肉萨拉米披萨 	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼 	 Fired Chicken Pizza 炸鸡肉土豆披萨  	Egg & Cucumber Sandwich 鸡蛋黄瓜三明治 
G1-G5 Noodle Station G1-G5 面档	 Hong Kong Pineapple & Beef Fried Rice 港式菠萝牛肉炒饭 Green Vegetables 白灼蔬菜 	Pork & Vegetable Noodle Soup 雪菜肉丝面 Green Vegetables 白灼蔬菜 	Stuffed Bun with Roast Pork 叉烧包 Steamed Vegetable Bun 素菜包 Green Vegetables 白灼蔬菜 	 Chicken Rice Noodle in Marinated Soup 卤汤鸡腿米粉 Green Vegetables 白灼蔬菜  	Beijing Food Festival 北京美食节 Traditional Beijing Meat Pie (Pork) 老北京门钉肉饼 (猪) 
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit 牛奶/酸奶/100%果汁 + 水果				

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 11.24	TUESDAY 11.25	WEDNESDAY 11.26	THURSDAY 11.27	FRIDAY 11.28
Soup 汤	Goji Berry & Fungus Soup 枸杞银耳汤	Seaweed & Egg Soup 紫菜蛋花汤	Turnip & Vermicelli Soup 萝卜粉丝汤	Pearl Barley and Red Bean Congee 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	Fish & Chips 炸鱼薯条 Sauteed Vegetable 黄油时蔬	Beef Lasagna 牛肉千层面 Sauteed Cauliflower 黄油椰菜花	Orleans Chicken Wrap 奥尔良鸡肉卷 Vegetable Stew 墨西哥炖菜	Thai-Style Minced Pork 泰式打抛猪肉 Mixed Vegetable 混合时蔬 Baguette 蒜香牛油法棍	Swedish Beef Meatball 瑞典风味牛肉丸 Sauteed Vegetable 黄油时蔬 Mashed Potato 奶香土豆泥
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Stir-fried Chicken with Mixed Vegetable 五彩鸡丝 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭	Fried Pork with Soybean Paste 糖醋里脊 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	Braised Shrimp and Tofu 虾仁豆腐 Sauteed Spinach 炒菠菜 Steamed Rice 米饭	Steamed Chicken with Mixed Mushroom 菌菇蒸鸡 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 11.24	TUESDAY 11.25	WEDNESDAY 11.26	THURSDAY 11.27	FRIDAY 11.28
G1-G5 Sandwich Station G1-G5三明治档口	Bacon & Egg Panini 培根鸡蛋帕尼尼	Baked Pineapple Ham Sandwich 烤菠萝火腿 三明治 (猪)	Pizza Margherita 玛格丽特披萨	Pesto Chicken Sandwich 青酱鸡肉三明治	Banh Mi (Chicken) 越南法棍三明治(鸡肉)
G1-G5 Noodle Station G1-G5面档	Fish Tofu Noodle Soup 鱼豆腐汤面 Green Vegetables 白灼蔬菜	Japanese-Style Chicken Noodle Soup 日式鸡肉拉面 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	Rice Noodle Soup with Beef Meatball 越南牛肉丸汤粉 Green Vegetables 白灼蔬菜	Noodle with Plant- Based Meat and Soybean Paste 炸酱面 Green Vegetables 白灼蔬菜
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit 牛奶/酸奶/100%果汁 + 水果				

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)
384	15.2	49.3	14.0