

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
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	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
KGT Chinese 幼儿园中式	Braised Fish with Mushroom 蘑菇烧鱼 Fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Cantonese Braised Chicken in Soya Sauce 粤式豉油鸡 Garlic Stem Lettuce 蒜蓉青笋 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯		Steamed Fish Fillet with Scallion 香葱蒸鱼 Stir-fried Cucumber with Bean Curd 腐竹炒黄瓜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Stewed Beef with Potato 土豆牛腩 Braised Turnip 家常萝卜 Steamed Rice 米饭 Steamed Corn 蒸玉米
KGT Western 幼儿园西式	Beef Salami Pizza 牛肉萨拉米披萨	Lyonnais Sausage Panini 里昂那香肠帕尼尼		Beef Lasagna 牛肉千层面	Teriyaki Chicken 日式照烧鸡

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)
463	35.0	41.0	14.9

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal

STATION	MONDAY 11.10	TUESDAY 11.11	WEDNESDAY 11.12	THURSDAY 11.13	FRIDAY 11.14
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	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
KG Chinese 幼儿园中式	Stir-fried Chinese Zucchini and Pork 翠玉瓜炒肉 Sautéed Cabbage 清炒包菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	 Stir-fried Beef 杏鲍菇炒牛肉 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 Homemade Soft Roll 自制小餐包	Braised Pork Meatballs with White Gourd 冬瓜烧猪肉丸子 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	 Pineapple Fried Chicken 菠萝咕咾肉 (鸡肉) Sautéed Cabbage with Tofu 白菜豆腐 Steamed Rice 米饭 Rye Bread 黑麦面包
KG Western 幼儿园西式	 Roasted Chicken with Gravy 美式烤鸡	 Braised Duck Breast in Black Pepper Sauce 黑椒鸭胸	 Beef Rendang 仁当牛肉	 Orleans Chicken Burger 奥尔良鸡腿堡	Northern Ireland Food Festival 北爱尔兰美食节 Irish stew 爱尔兰炖羊肉

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)
482	32.9	54.0	16.0

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal

STATION	MONDAY 11.17	TUESDAY 11.18	WEDNESDAY 11.19	THURSDAY 11.20	FRIDAY 11.21
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	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
KGT Chinese 幼儿园中式	Tomato Fish 番茄鱼 Sautéed Bok Choy with Seitan 油菜烧面筋 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	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 Hanamaki 自制燕麦馒头	Sautéed Pork with Bell Pepper 彩椒肉丝 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 Steamed Corn 蒸玉米	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 Steamed Purple Sweet Potato 蒸紫薯
KGT Western 幼儿园西式	Chicken Carbonara 鸡肉罗勒香草意面	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼 尼	Curry Chicken 印度咖喱鸡 Naan 印度烤饼	Pasta Bolognese (Beef) 肉酱意面(牛肉)	Mexican Chicken Rolls 墨西哥鸡肉卷

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)
464	33.0	43.3	15.0

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal

STATION	MONDAY 11.24	TUESDAY 11.25	WEDNESDAY 11.26	THURSDAY 11.27	FRIDAY 11.28
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	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
KGT Chinese 幼儿园中式	 Stir-fried Chicken with Mixed Vegetable 五彩鸡丝 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯  	Wok-Fried Pork with Soybean Paste 酱爆猪肉丁 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 	Braised Shrimp and Tofu 虾仁豆腐 Sauteed Spinach 炒菠菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	 Steamed Chicken with Mixed Mushroom 菌菇蒸鸡 Sauteed Potato with Bell Pepper 青椒土豆丝 Steamed Rice 米饭 
KGT Western 幼儿园西式	 Tuna Panini 金枪鱼帕尼尼 	 Beef Lasagna 牛肉千层面 	 Pesto Chicken Sandwich 青酱鸡肉三明治 	Thai-style Minced Pork 泰式打抛猪肉 	 Swedish Beef Meatball 瑞典风味牛肉丸 Mashed Potato 奶香土豆泥 

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)
513	32.9	58.0	16.6