

WEEKLY MENU



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
Daily Western Special 西式特式	 Roast Chicken with Herb 香草烤鸡 Mixed Vegetables 混合时蔬 Sauteed Potato with Onion 洋葱炒土豆	 Argentine Grilled Steak 阿根廷烤牛排 Grilled Seasonal Vegetable 扒时蔬 Mashed Potato 土豆泥		 Beef Cheeseburger 牛肉芝士汉堡 Pickles 酸黄瓜 French Fries 薯条	 Chicken Fricassee 佛理卡西鸡腿 Roasted Cauliflower with Olive Oil 橄榄油烤花菜 Garlic Bread 蒜香面包
Daily Asian Special 亚式特式	Korean Budae Jjigae 韩式部队锅 Egg Noodle 鸡蛋面 Kimchi 韩式泡菜	 Sweet and Sour Spareribs 话梅排骨炒年糕 Stir-fry Chinese Cabbage 清炒杭白菜 Steamed Rice 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	 Beef Pho 越南牛肉粉 Poached Vegetable 白灼蔬菜	 Sichuan Dan Dan (Chicken) Noodle (鸡肉) 担担面		Japanese Hakata Ramen (Pork) 日式博多拉面 (猪肉)	Guangxi Old Friend Rice Noodle (Pork) 广西老友粉 (猪)

WEEKLY MENU



STATION	MONDAY 11.3	TUESDAY 11.4	WEDNESDAY 11.5	THURSDAY 11.6	FRIDAY 11.7
Chinese Station -Set Menu 中式	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
Sandwich 三明治	Turkish Pide 土耳其船型牛肉披萨	Pulled Pork Panini 美式手撕猪肉帕尼尼		Roast Beef Panini 烤牛肉帕尼尼	Chicken in Pizza 照烧鸡肉披萨
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



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Seafood



Halal



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
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 玉米片	Grilled Pork Sausage with Onion Gravy 德式猪肉肠配洋葱汁 Mixed Vegetables 混合时蔬 Mashed Potato 土豆泥	 Baked Beef Meatball with Mushroom Gravy 意式什香草牛肉丸配蘑菇肉汁 Buttered Broccoli and Carrot 黄油西兰花葫芦卜 Garlic Bread 蒜香面包	 Roast Chicken with Herb 香草烤鸡 Mixed Vegetables 混合时蔬 Sauteed Potato with Onion 洋葱炒土豆	Northern Ireland Food Festival 北爱尔兰美食节 Deep-Fried Fish with Tartar Sauce 炸鱼配塔塔汁 French Fries 薯条
Daily Asian Special 亚式特式	 Korean Fried Chicken with Sweet & Spicy Sauce 韩式炸鸡配甜辣酱 Korean Rice Cake 韩式炒年糕 Kimchi 泡菜	 Teriyaki Beef Rice with Enoki Mushroom 照烧金针菇肥牛饭	 Hainanese Chicken Rice 海南鸡饭	Unadon 鳗鱼饭  Sesame Spinach 芝麻菠菜	Braised Pork Rice 台式卤肉饭 Braised Egg 卤蛋 Green Vegetables 白灼蔬菜
Noodle Bar 面档	Qi Shan Pork Sliced Noodle 山西猪肉刀削面	 Xin Jiang Braised Chicken 新疆大盘鸡 Braised Noodle 拉条子	 Braised Beef Noodle Soup 红烧牛肉面	 Japanese Stir-fried Udon 日式肥牛炒乌冬面	 Hot Oil Noodles (Chicken) 油泼面(鸡肉)

WEEKLY MENU



STATION	MONDAY 11.10	TUESDAY 11.11	WEDNESDAY 11.12	THURSDAY 11.13	FRIDAY 11.14
Chinese Station 中式	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	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
Sandwich 三明治	Tuna Panini  金枪鱼玉米帕尼尼	BLT Sandwich 培根生菜番茄三明治	 Black Pepper Beef Panini 黑椒牛肉帕尼尼	Bacon & Egg Panini 培根鸡蛋帕尼尼	Northern Ireland Food Festival 北爱尔兰美食节 Irish Pastie (Beef) 爱尔兰馅饼(牛肉)
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)
817	47.1	84.8	32.0

WEEKLY MENU



Vegetarian



Seafood



Halal



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	Egg & Corn Soup 鸡茸粟米羹	Egg and Tomato Soup 番茄蛋花汤
Daily Western Special 西式特式	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	German Fried Pork Chop with Mushroom Sauce 德式炸猪排配蘑菇酱 Roasted Vegetable 烤蔬菜 Poached Potatoes 煮土豆	BBQ Ribs 美式烧烤猪大排 Caribbean Vegetable Stew 加勒比慢煮炖菜 Soft Roll 小软包	 Fried Chicken burger 炸鸡肉霸堡 Pickles 酸黄瓜, 番茄, 芝士, 生菜 French Fries 薯条 	Beijing Food Festival 北京美食节 Fried Fish Fillet 抓炒鱼片 Steamed Tofu with Vegetable Stuffing 一品豆腐 Scallion Pancakes 葱油饼 
Daily Asian Special 亚式特式	 BraSautéed Beef Slice in Hot Chilli Oil 巴蜀水煮牛肉 Shredded Potato with Green Pepper 尖椒土豆丝 Steamed Rice 米饭 	Korean Bibimbap 韩式石锅拌饭	 Crispy Chicken 香酥鸡腿 Sautéed Bok Choy 清炒油菜 Fried Rice with Mixed Vegetable 蔬菜炒饭	Hot-Spicy Pot 麻辣香锅 Steamed Rice 米饭	Beijing Food Festival 北京美食节 Pork with Bean Sauce 京酱肉丝 Stir fried vegetable with Egg 炒合菜 Egg Fried Rice 蛋炒饭 
Noodle Bar 面档	 Braised Sparerib Noodle 上海排骨面	Hunan Rice Noodle Soup with Pork 湖南汤米粉	 Chongqing Noodle(Chicken) 重庆小面 (鸡肉)	 ANHUI Beef Noodle 安徽牛肉板面 	Noodle with Soybean Paste (Pork) 老北京炸酱面 (猪肉) 

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STATION	MONDAY 11.17	TUESDAY 11.18	WEDNESDAY 11.19	THURSDAY 11.20	FRIDAY 11.21
Chinese Station 中式	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	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
Sandwich 三明治	Chicken Panini 鸡肉帕尼尼	Texas Roast Beef & Cheese Panini 德克萨斯牛肉 奶酪帕尼尼	Bacon and Potatoes Pizza 培根土豆披萨	Roast Chicken Sandwich 烤鸡肉三明治	Tuna Pizza 意式金枪鱼 洋葱披萨
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				
	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)
825	47.0	91.5	30.0

WEEKLY MENU



Vegetarian



Seafood



Halal



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
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	 American Hot Dog(Beef) 美式热狗 (牛肉) French Fries 薯条 Mixed Vegetables 混合时蔬 Ketchup/Mustard 番茄沙司/黄芥末	 Pan-Fried Salmon 香煎三文鱼 Sauteed Broccoli with Cauliflower 双色菜花 Basil and vanilla pasta 香草意面
Daily Asian Special 亚式特式	 Sautéed Shrimp with Basil 金不换大虾 Stir-fried Bok Choy 小炒上海青 Steamed Rice 米饭	Seven-flavor Crispy Pork 七味粉小酥肉 Sautéed Chinese Flowering Cabbage 炒菜心 Rice with Nori 海苔饭	Fried Pork with Japanese Wasabi Sauce 青芥沙拉汁日式炸猪排 Vegetable Sushi 日式蔬菜寿司 Pickled Cabbage 日式泡菜	 Taiwan Three-Cup Chicken 台式三杯鸡 Sautéed Cabbage 手撕圆白菜 Steamed Rice 米饭	 Teriyaki Beef Rice with Enoki Mushroom 照烧金针菇肥牛饭
Noodle Bar 面档	  Chicken Noodle 卤汤鸡肉丸子面	 Xinjiang Sautéed Noodle with Mutton 新疆羊肉拉条子	 Cantonese Fried Rice Noodle with Beef 干炒牛河	Hunan Rice Noodle Soup with Pork 湖南杂酱米粉	Cantonese Dim Sum Platter (Pork) 广式点心拼盘(猪肉)

WEEKLY MENU



STATION	MONDAY 11.24	TUESDAY 11.25	WEDNESDAY 11.26	THURSDAY 11.27	FRIDAY 11.28
Chinese Station 中式	 Stir-fried Chicken with Mixed Vegetable 五彩鸡丝 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 	Braised Pork with Eggplant 猪肉烧茄子 Stewed Tofu with Mixed Vegetable 豆腐蔬菜 Steamed Rice 米饭 	 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 
Sandwich 三明治	Tuna Panini  金枪鱼帕尼尼 	Ham & Mozzarella Cheese Panini 火腿马苏里拉芝士帕尼尼 	 Black Pepper Beef Panini 黑椒牛肉帕尼尼 	 Italian Beef Pizza 意大利肉酱披萨 	 Banh Mi 越南法棍三明治 
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