

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal

STATION	MONDAY 12.1	TUESDAY 12.2	WEDNESDAY 12.3	THURSDAY 12.4	FRIDAY 12.5
Soup 汤	Tomato & Egg Soup 番茄蛋汤	Creamy Potato Soup 土豆奶油汤	Mixed Mushroom & Tofu Soup 杂菌豆腐羹	Traditional Pear Soup 小吊梨汤	Vegetable & Tofu Soup 蔬菜豆腐汤
G1-G5 Western Set Menu A G1-G5西式套餐A	 Orleans Chicken Burger 奥尔良鸡腿堡 French Fries 薯条 Sauteed Vegetable 黄油时蔬 	Spaghetti with Bacon and Mushroom 芝士培根蘑菇番茄意面 Green Vegetables 炒时蔬 	 Beef Rendang 仁当牛肉 Grilled Zucchini 烤西葫芦 Garlic Bread 蒜香面包 	 Korean Fried Chicken 韩式炸鸡 Korean Rice Cake 韩式炒年糕 	 Mexican Beef Chili 墨西哥烩牛肉 Sauteed Vegetable 黄油时蔬 Tortilla 墨西哥饼 
G1-G5 Chinese Set Menu B G1-G5中式套餐B	 Cumin Lamb 孜然羊肉 Sautéed Cabbage 清炒包菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜 	 Stir-fried Beef 彩椒牛肉粒 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Hanamaki 自制花卷 	Steamed Fish 清蒸鱼  Sauteed Shredded Potato 清炒土豆丝 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	Steamed Pork Cake with Bamboo Shoots and Water Chestnuts 冬笋马蹄蒸猪肉饼 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	 Fried Chicken with Bean Sauce 驰名炒仔鸡 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)
622	26	81	21.5

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STATION	MONDAY 12.1	TUESDAY 12.2	WEDNESDAY 12.3	THURSDAY 12.4	FRIDAY 12.5
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 	Bacon & Egg Panini 培根鸡蛋帕尼尼 
G1-G5 Noodle Station G1-G5面档	 Chicken Rice Noodle in Marinated Soup 卤汤鸡腿米粉 Green Vegetables 白灼蔬菜 	 Yunnan Rice Noodle (Chicken and Fish) 云南过桥米线 (鸡肉、鱼肉)  Green Vegetables 白灼蔬菜 	 Noodle with Plant-Based Meat and Soybean Paste 素炸酱面 Green Vegetables 白灼蔬菜 	 Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜 	 Xinjiang Braised Chicken with Noodle 大盘鸡配拉条子 Green Vegetables 白灼蔬菜 
Beverage 饮品	Milk/Yogurt+ Fruit 牛奶/酸奶+ 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)
368	18.6	47.0	12.6

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STATION	MONDAY 12.8	TUESDAY 12.9	WEDNESDAY 12.10	THURSDAY 12.11	FRIDAY 12.12
Soup 汤	Cabbage & Vermicelli Soup 白菜粉丝汤	Egg & Corn Soup 鸡茸粟米羹	Pumpkin Congee 南瓜粥	Soybean Paste Stew 韩式大酱汤	Chongqing Small Rice Dumpling 山城小圆子
G1-G5 Western Set Menu A G1-G5西式套餐A	 Fish Carbonara 鱼肉奶油意面 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 	 Indian Butter Chicken 印度黄油鸡 Mixed Vegetable 混合什蔬 Naan 印度烤饼  	 Pasta Bolognese (Beef) 肉酱意面 (牛肉) Sauteed Vegetable 黄油时蔬 	 Teriyaki Chicken 照烧鸡 Sautéed Spinach 炒菠菜 Roasted Potato 烤土豆 
G1-G5 Chinese Set Menu B G1-G5中式套餐B	 Sautéed Beef with Scallion 葱爆牛肉 Sautéed Bok Choy with Bean Curd 油菜烧腐竹 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜 	Duck Slice with Soy Sauce 豉汁鸭肉 Sautéed Cabbage 清炒包菜 Steamed Rice 米饭 Hanamaki 自制黑麦馒头 	Sautéed Pork with Bell Pepper 彩椒肉丝 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	 Crispy Fried Chicken with Honey Sauce 脆皮炸鸡配蜂蜜芥末酱 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Steamed Corn 蒸玉米 	Sichuang Food Festival 四川美食 Shredded Pork with Garlic Sauce 鱼香肉丝 Sautéed Luffa 清炒丝瓜 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)
678	27.1	84.8	25.2

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STATION	MONDAY 12.8	TUESDAY 12.9	WEDNESDAY 12.10	THURSDAY 12.11	FRIDAY 12.12
G1-G5 Sandwich Station G1-G5三明治档口	 Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼 	Pork Ham and Cheese Sandwich 猪肉火腿奶酪三明治 	 Chicken Panini 鸡肉帕尼尼 	 Italian Beef Pizza 意大利牛肉披萨 	Sichuang Food Festival 四川美食 Sticky Rice Cake with Brown Sugar 红糖糍粑  
G1-G5 Noodle Station G1-G5面档	 Beijing Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜 	 Beef Noodle Soup 牛肉板面 Green Vegetables 白灼蔬菜 	Fried Rice with Vegetable and Preserved Pork 腊味菜心粒炒饭 Green Vegetables 白灼蔬菜 	Fish& Vegetable Noodle Soup 雪菜鱼肉面 Green Vegetables 白灼蔬菜   	 Sichuang Food Festival 四川美食 Yibin Burning Noodles (Beef) 宜宾燃面(牛肉)  
Beverage 饮品	Milk/Yogurt+ Fruit 牛奶/酸奶+ 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	17.9	49.9	12.8

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STATION	MONDAY 12.15	TUESDAY 12.16	WEDNESDAY 12.17	THURSDAY 12.18	FRIDAY 12.19
Soup 汤	Seaweed & Egg Soup 紫菜蛋花汤	Goji Berry & Fungus Soup 枸杞银耳汤	Cream of Pumpkin Soup 奶油南瓜汤	Pearl Barley and Red Bean Congee 薏米红豆粥	Turnip & Vermicelli Soup 萝卜粉丝汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Baked Fish with Tomato Cheese Sauce 芝士番茄焗鱼排 Hash Brown 炸薯饼	Beef Lasagna 牛肉千层面 Sauteed Cauliflower 黄油椰菜花	Christmas Food Promotion 圣诞美食节 Roasted Turkey Breast with Onion Gravy 圣诞烤火鸡胸配洋葱汁 Sauteed Vegetable 黄油时蔬 Gratin Potato 奶油焗土豆	Thai-style Minced Pork 泰式打抛猪肉 Mixed Vegetable 混合时蔬 Baguette 蒜香牛油法棍	Beef Hot Dog 牛肉热狗 Mixed Vegetable 混合时蔬
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Stir-fried Chicken with Mixed Vegetable 五彩鸡丝 Sautéed Spinach 清炒菠菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Braised Pork with Taro 芋头红烧肉 Stewed Tofu with Mixed Vegetable 豆腐蔬菜 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	Sweet & Sour Fish 咕咾鱼 Braised White Gourd 烧冬瓜 Steamed Rice 白米饭 Steamed Corn 蒸玉米	Teriyaki Beef with Enoki Mushrooms and Onions 照烧金针菇洋葱肥牛 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	Steamed Chicken with Mixed Mushroom 菌菇蒸鸡 Sauteed Potato with Bell Pepper 青椒土豆丝 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯

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)
643	28.8	85.9	20.8

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STATION	MONDAY 12.15	TUESDAY 12.16	WEDNESDAY 12.17	THURSDAY 12.18	FRIDAY 12.19
G1-G5 Sandwich Station G1-G5三明治档口	Lyonnais Sausage Panini (Pork) 里昂那香肠帕尼尼 (猪肉) 	 Pizza Margherita 玛格丽特披萨 	Christmas Food Promotion 圣诞美食节 Christmas Rice Pudding 圣诞米饭布丁 Christmas Bread Pudding 圣诞面包布丁  	 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	 Rice Noodle Soup with Beef Meatball 越南牛肉丸汤粉 Green Vegetables 白灼蔬菜 	Japanese Pork Bone Noodle Soup 日式豚骨拉面 Green Vegetables 白灼蔬菜 	 Pasta with Cherry Tomato, Olives & Beef 番茄橄榄牛肉意面 Green Vegetables 白灼蔬菜 	Pork Siu Mai 烧麦 (猪肉) 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+ Fruit 牛奶/酸奶+ 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)
398	18.1	50.8	13.9