

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
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	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
KGT Chinese 幼儿园中式	 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 cakes with 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  
KGT Western 幼儿园西式	 Orleans Chicken Burger 奥尔良鸡腿堡 	Spaghetti with Bacon and Mushroom 芝士培根蘑菇 番茄意面 	 Beef Rendang 仁当牛肉 	 Korean Fried Chicken 韩式炸鸡 	 Mexican Beef Chili 墨西哥烩牛肉 Tortilla 墨西哥饼 

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)
414.2	21.7	48.8	15.4

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by sodexo

STATION	MONDAY 12.8	TUESDAY 12.9	WEDNESDAY 12.10	THURSDAY 12.11	FRIDAY 12.12
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	Soybean Paste Stew 韩式大酱汤	Chongqing Small Rice Dumpling 山城小圆子
KGT Chinese 幼儿园中式	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 Stir-fry Fungus and Celery 木耳芹菜 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
KGT Western 幼儿园西式	Fish Carbonara 鱼肉奶油意面	Tuna Panini 金枪鱼帕尼尼	Curry Butter Chicken 黄油咖喱鸡 Naan 烤饼	Pasta Bolognese (Beef) 肉酱意面(牛肉)	Salami Pizza (Beef) 牛肉萨拉米披萨

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)
451	23.8	54.2	16.2

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STATION	MONDAY 12.15	TUESDAY 12.16	WEDNESDAY 12.17	THURSDAY 12.18	FRIDAY 12.19
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	Seaweed & Egg Soup 紫菜蛋花汤	Goji Berry & Fungus Soup 枸杞银耳汤	Pearl Barley and Red Bean Congee 薏米红豆粥	Pearl Barley and Red Bean Congee 薏米红豆粥	Turnip & Vermicelli Soup 萝卜粉丝汤
KGT Chinese 幼儿园中式	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	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 Purple Sweet Potato 蒸紫薯	Steamed Chicken with Mixed Mushroom 菌菇蒸鸡 Sautéed Potato with Bell Pepper 青椒土豆丝 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜
KGT Western 幼儿园西式	Lyonnaise Sausage Panini(Pork) 里昂那香肠帕尼尼 (猪肉)	Beef Lasagna (Beef) 牛肉千层面(牛肉)	Christmas Food Promotion 圣诞美食 Roasted Turkey Breast with Onion Gravy 圣诞烤火鸡胸 配洋葱汁 Gratin Potato 奶油焗土豆	Thai-style Minced Pork 泰式打抛猪肉	Tuna Sandwich 金枪鱼三明治

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)
469	24.1	58.4	16.2