

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal



STATION	MONDAY 2.2	TUESDAY 2.3	WEDNESDAY 2.4	THURSDAY 2.5	FRIDAY 2.6
Soup 汤	Cabbage & Vermicelli Soup 白菜粉丝汤	Egg & Corn Soup 鸡茸粟米羹	Cream of Pumpkin Soup 奶油南瓜汤	Seaweed & Egg Soup 紫菜蛋花汤	Korean Kelp Soup 韩国海带汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Mediterranean Grilled Fish 地中海风味烤鱼肉 Sautéed Zucchini & Carrot 胡萝卜西葫芦 Baked Potato 烤土豆 	Swedish Beef Meatball 瑞典风味牛肉丸 Sauteed Vegetable 黄油时蔬 Mashed Potato 奶香土豆泥 	Tandoori Chicken 印度天多瑞烤鸡 Mixed Vegetable 混合什蔬 Homemade Soft Roll 自制小软包 	Pasta Bolognese 牛肉酱意面 Sauteed Vegetable 黄油时蔬 	Korean Food Festival 韩国美食节 Korean Wok-Fried Chicken 韩国炸鸡 Korean Style Rice Cake 韩国风味米条
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Braised Beef Brisket with Zhuhou Sauce 柱候酱焖牛腩 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Steamed Corn 蒸玉米 	Steamed Meat(Pork) Pie with Mushroom 香菇蒸猪肉饼 Stir-Fried Baby Cabbage 小炒娃娃菜 Steamed Rice 米饭 Spinach Steamed Bun 菠菜馒头 	Start of Spring 立春 Braised Beef in Brown Sauce 红烧牛肉 Sauteed Mixed Vegetables 京味炒合菜 Steamed Rice 米饭 Spring Pancake 春饼 	Soy-Marinated Pork 台式卤猪肉 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜 	Braised Basa Fish with Tofu 巴沙鱼炖豆腐 Sautéed Cabbage 清炒包菜 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)
612	33.3	80.5	18.5

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STATION	MONDAY 2.2	TUESDAY 2.3	WEDNESDAY 2.4	THURSDAY 2.5	FRIDAY 2.6
G1-G5 Sandwich Station G1-G5三明治档口	Ham & Cheese Sandwich 猪肉火腿奶酪三明治 	 Beef Panini 牛肉帕尼尼 	Start of Spring 立春 Vegetable Spring Rolls 蔬菜春卷  	 Italian Beef Pizza 意大利牛肉披萨 	 
G1-G5 Noodle Station G1-G5面档	 Stir-Fried Udon Noodles with Chicken Sausage 鸡肉炒乌冬面 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 	Start of Spring 立春 Plain Noodle Soup 阳春面 Braised Egg 卤蛋 Green Vegetables 白灼蔬菜  	 Xin Jiang Braised Chicken 新疆大盘鸡 Braised Noodle 拉条子 	
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)
396	18.3	49.7	13.8

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by sodexo

STATION	MONDAY 2.9	TUESDAY 2.10	WEDNESDAY 2.11	THURSDAY 2.12	FRIDAY 2.13
Soup 汤	Goji Berry & Fungus Soup 枸杞银耳汤	Pearl Barley and Red Bean Congee 薏米红豆粥	Chicken Soup with Chinese Yam 青补凉山药煲老鸡 	Tangyuan 汤圆 	Turnip & Vermicelli Soup 萝卜粉丝汤
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 	 Spicy Badong Beef 巴东牛肉 Mixed Vegetable 混合时蔬 Tortilla 墨西哥饼  	Thai-Style Minced Pork 泰式打抛猪肉 Mixed Vegetable 混合时蔬 Baguette 蒜香牛油法棍 	 Teriyaki Chicken 日式照烧鸡 Sautéed Spinach 炒菠菜 Homemade Soft Roll 自制小软包 
G1-G5 Chinese Set Menu B G1-G5中式套餐B	 Braised Beef with Enoki Mushroom 金针菇牛肉 Green Soya Bean Tofu 三鲜豆腐 Steamed Rice 米饭 Steamed Corn 蒸玉米 	 Sweet Sour Chicken 糖醋鸡柳 Cabbage Stew with Glass Noodle 白菜炖粉条 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕 	Minced Pork with Eggplant pot 猪肉末茄子煲 Braised White Gourd 八宝冬瓜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	 Chopped Cold Chicken 绍兴白斩鸡 Braised Bok Choy 小炒上海青 Steamed Rice 米饭 New Year Glutinous Rice Cake 年糕  	Braised Fish with Vegetable  糟香鱼 Sauteed Shredded Potato 清炒土豆丝 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 

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)
666	36.7	85.8	21.4

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STATION	MONDAY 2.9	TUESDAY 2.10	WEDNESDAY 2.11	THURSDAY 2.12	FRIDAY 2.13
G1-G5 Sandwich Station G1-G5三明治档口	Ham & Cheese Sandwich 猪火腿奶酪三明治 	Tuna Panini 金枪鱼帕尼尼  	Sausage & Cheese Pizza 什锦香肠芝士披萨  	Roast Duck Rolls 烤鸭卷 	Chicken Pizza 鸡肉披萨 
G1-G5 Noodle Station G1-G5面档	Fried Marinated Duck Rice Noodle 浓酱紫苏焖鸭米粉 Green Vegetables 白灼蔬菜  	 Yuen Chow Fried Rice with Chicken 扬州炒饭 Green Vegetables 白灼蔬菜 	Noodle with Plant-Based Meat and Soybean Paste 素炸酱面 Green Vegetables 白灼蔬菜 	Pork and Vegetable Dumplings 猪肉蔬菜水饺 Egg & Vegetable Dumplings 素水饺 	 Braised Beef Noodle Soup 红烧牛肉面 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)
392	15.2	51.3	14.0