

WEEKLY MENU



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
Daily Western Special 西式特式	Stewed Pork Chop with Apple 法式苹果炖猪大排 Caribbean Vegetable Stew 加勒比慢煮炖菜 Soft Roll 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 	 Lahori Chicken Curry 印度咖喱鸡 Sauteed Mixed Vegetables 田园混合时蔬 Naan 印度烤饼 	 Mediterranean Roast Chicken 地中海烤鸡腿 Mediterranean Roast Eggplant 地中海烤茄子 Garlic Bread 蒜香面包 	 Black Pepper Beef Balls 黑椒牛肉丸 Sauteed Seasonal Vegetable 混合时蔬 Roasted Potato 香烤土豆 
Daily Asian Special 亚式特式	 Japanese Beef & Tofu Stew 日式肥牛寿喜锅 Steamed Rice 米饭 	 Crispy Chicken 香酥鸡腿 Sautéed Bok Choy 清炒油菜 Fried Rice with Mixed Vegetable 蔬菜炒饭 	 Steamed Fish with Chopped Pepper 剁椒鱼  Green Pepper and Eggplant 地三鲜 Steamed Rice 米饭 	Hot-Spicy Pot 麻辣香锅 Steamed Rice 米饭 	 Squid Mixed Rice 香辣鱿鱼拌饭 Mushroom/Zucchini/Carrot/Egg 蘑菇,西葫芦,胡萝卜,菠菜, 煎鸡蛋 Kimchi 泡菜 
Noodle Bar 面档	 Xin Jiang Braised Chicken with Noodle 新疆大盘鸡配拉条子 	 Beef Rice Noodle in Sour Broth 酸汤肥牛米粉 	 Minced Noodles (Pork) 上海葱油面 (炸猪酥肉) 	 Lanzhou Beef Noodle Soup 兰州牛肉面 	Korean Budae Jjigae 韩式部队火锅 

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STATION	MONDAY 2.2	TUESDAY 2.3	WEDNESDAY 2.4	THURSDAY 2.5	FRIDAY 2.6			
Chinese Station 中式	 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 Meat(Pork) Pie with Mushroom 香菇蒸猪肉饼 Stir-Fried Baby Cabbage 小炒娃娃菜 Steamed Rice 米饭  	 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 CSteamed Rice 米饭 	 Braised Basa Fish with Tofu 巴沙鱼炖豆腐 Sautéed Cabbage 清炒包菜 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 	 Crispy Chicken and Pineapple Pizza 香脆鸡肉菠萝披萨  	 Roast Chicken Sandwich 烤鸡肉三明治 	 Chicken Beef Pork Pizza 什锦香肠披萨 (鸡牛猪) 			
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 牛奶/酸奶							

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)
823	47.0	91.5	30.0

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Vegetarian



Seafood



Halal



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 清补凉山药煲老鸡	Tangyuan 汤圆	Turnip & Vermicelli Soup 萝卜粉丝汤
Daily Western Special 西式特式	 Potato Beef Pie 牛肉土豆泥派 Mix Vegetable 混合时蔬 Garlic Bread 蒜蓉面包 	 Deep-Fried Fish with Tartar Sauce 英式炸鱼配塔塔汁 French Fries 薯条 Vegetable 时蔬	 Roasted Chicken 奥尔良烤鸡 Mixed Vegetables 混合时蔬 Roasted Potato 烤土豆	 American Hot Dog 美式牛肉热狗 French Fries 薯条 Ketchup/Mustard 番茄沙司/黄芥末 	 Spanish Garlic Chicken with Bread 西班牙蒜香鸡腿配面包 Spanish Vegetable Stew 西班牙风味炖菜 
Daily Asian Special 亚式特式	 Braised Fish with Green Sichuan Pepper in Sour Broth 青椒酸汤鱼 Sautéed Choi Sim 清炒菜心 Steamed Rice 白米饭 	 Nasi Goreng 印尼炒饭 Chicken Satay 沙爹鸡串 Fried Prawn Crackers, Egg 炸虾片, 煎蛋 Sautéed Spinach 炒菠菜	 Vietnamese Beef Shake 越南摇晃牛肉 Salad 沙拉 Tomato Curry and Rice 番茄咖喱饭 	Spare Ribs with Rice Cakes 排骨年糕 Mushroom Braised Gluten 香菇烧面筋 Steamed Rice 米饭	 Braised Chicken with Egg on Rice 日式亲子牛肉饭
Noodle Bar 面档	Noodle with Soybean Paste 老北京炸酱面	 Spaghetti/Penne 意大利直面/斜切面 Beef Bolognaise 牛肉酱 Tomato Sauce 番茄酱	 Xingzhou Fried Rice Noodles(Beef) 新加坡星州炒米粉(牛肉)	Pork and Vegetable Dumplings 猪肉蔬菜水饺 Egg & Vegetable Dumplings 素水饺	 Huainan Beef Soup Powder 淮南牛肉汤粉 Sautéed Bok Choi 白灼菜心 

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STATION	MONDAY 2.9	TUESDAY 2.10	WEDNESDAY 2.11	THURSDAY 2.12	FRIDAY 2.13
Chinese Station 中式	 Braised Beef with Enoki Mushroom 金针菇牛肉 Green Soya Bean Tofu 三鲜豆腐 Steamed Rice 米饭 	 Sweet Sour Chicken 糖醋鸡柳 Cabbage Stew with Glass Noodle 白菜炖粉条 Steamed Rice 米饭 	 Minced Pork with Eggplant Pot 猪肉末茄子煲 Braised White Gourd 八宝冬瓜 Steamed Rice 米饭 	 Chopped Cold Chicken 绍兴白斩鸡 Braised Bok Choy 小炒上海青 Steamed Rice 米饭  	 Braised Fish with Vegetable 糟香鱼  Sauteed Shredded Potato 清炒土豆丝 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 	 Roast Beef Panini 烤牛肉帕尼尼  	 Smoked Duck Panini 烟熏鸭肉帕尼尼  	 BLT Sandwich 培根生菜番茄三明治 
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 牛奶/酸奶				

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)
830	48.1	90.5	30.7