

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
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	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
KGT Chinese 幼儿园中式	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 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 CSteamed 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
KGT Western 幼儿园西式	Mediterranean Grilled Fish 地中海风味烤鱼 	Swedish Beef Meatball 瑞典风味牛肉丸 Mashed Potato 奶香土豆泥 	Tandoori Chicken 印度天多瑞烤鸡 	Pasta Bolognese 牛肉酱意面 	Korean Wok-Fried Chicken 韩国炸鸡

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)
476	33.0	46.2	15.0

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by sodexo

STATION	MONDAY 2.9	TUESDAY 2.10	WEDNESDAY 2.11	THURSDAY 2.12	FRIDAY 2.13
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	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
KGT Chinese 幼儿园中式	 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 Yam 糟香鱼 Sauteed Shredded Potato 清炒土豆丝 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯
KGT Western 幼儿园西式	Tuna Panini 金枪鱼帕尼尼	 Beef Lasagna 牛肉千层面	 Spicy Badong Beef 巴东牛肉	Thai-style Minced Pork 泰式打抛猪肉	 Italian Beef Pizza 意大利牛肉披萨

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)
503	32.9	58.0	16.6