

WEEKLY MENU



Healthy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian

Seafood



Halal

FOOD
& CO 食享家
by sodexo

| 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 Sautéed 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 地中海风味烤鱼肉 | 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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| 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 |