

# WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 3.2	TUESDAY 3.3	WEDNESDAY 3.4	THURSDAY 3.5	FRIDAY 3.6
Soup 汤	Miso Soup 味噌汤	Tangyuan 汤圆	Goji Berry & Fungus Soup 枸杞银耳汤	French Onion Soup 法式洋葱汤	Sweet Sago Cream with Taro 香芋西米露
G1-G5 Western Set Menu A 西式套餐A	 Teriyaki Chicken 日式照烧鸡 Japanese Curry Vegetables 日式咖喱蔬菜 Homemade Soft Roll 自制小餐包 	Roasted Pork with Pepper and Herb 香草黑椒烤猪柳 Stir-fried Chickpeas with Cucumber and Bell Pepper 青瓜彩椒炒鹰嘴豆 Mashed Potato 奶香土豆泥 	 Korean Fried Chicken 韩式炸鸡 Korean Rice Cake 韩式炒年糕 	 Beef Lasagna 牛肉千层面 Sauteed Vegetable 黄油时蔬 	 Mediterranean Stewed Basa Fish 地中海炖鱼 Sauteed Broccoli with Cauliflower 双色菜花 Roasted Potato 香烤土豆 
G1-G5 Chinese Set Menu B G1-G5 中式套餐B	Stewed Basa Fish with Tofu 巴沙鱼煮豆腐 Blanched Chrysanthemum 白灼菊花菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜 	 Braised Chicken with Mushroom 黄焖鸡块 Garlic Stem Lettuce 蒜蓉青笋 Steamed Rice 米饭 Steamed Sweet Twisted Roll 自制糖花卷 	 Stewed Beef, Corn with Tofu 玉米牛肉炖豆腐 Poached Chinese Cabbage 白灼奶白菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	Stir-fried Pork with Mixed Vegetable 五彩猪肉丝 Stir-fry Cucumber with Bean Curd 腐竹炒黄瓜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	 Braised Beef with Tomato 番茄牛腩 Braised Turnip 家常萝卜 Steamed Rice 米饭 Steamed Corn 蒸玉米 

## 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)
665	34.5	77.1	22.0

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STATION	MONDAY 3.2	TUESDAY 3.3	WEDNESDAY 3.4	THURSDAY 3.5	FRIDAY 3.6
G1-G5 Sandwich Station 三明治档口	 Pesto Chicken Sandwich 青酱鸡肉三明治 	 American Roasted Chicken Panini 美式烤鸡肉帕尼尼 	 Pineapple Ham Pizza 菠萝火腿披萨 	 Philly Beef and Cheese Sandwich 费城芝士牛肉三明治 	 Ham & Mozzarella Cheese Sandwich 火腿芝士三明治 
G1-G5 Noodle Station 面档	 Egg Fried Rice with Seaweed and Beef 紫菜牛肉蛋炒饭 Green Vegetables 白灼蔬菜 	 Leek Beef Roll Soup Noodles 京葱肥牛卷汤面 	 Chicken Rice Noodle in Marinated Soup 卤汤鸡腿米粉 Green Vegetables 白灼蔬菜 	 Braised Chicken Noodles with Scallion 葱烧鸡排面 	 Noodle with Plant-Based Meat and Soybean Paste 炸酱面 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)
372	20.1	46.0	12.0

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STATION	MONDAY 3.9	TUESDAY 3.10	WEDNESDAY 3.11	THURSDAY 3.12	FRIDAY 3.13
Soup 汤	Yellow Split Pea Soup 西式豌豆汤 	Seaweed & Egg Soup 紫菜蛋花汤	Mixed Mushroom & Tofu Soup 杂菌豆腐羹	Traditional Pear Soup 小吊梨汤	Brown Sugar Dumplings 红糖小圆子 
G1-G5 Western Set Menu A 西式套餐A	 Orleans Chicken Burger 奥尔良鸡腿堡 French Fries 薯条 Sauteed Vegetable 黄油时蔬 	BBQ Pork Chop 烤猪扒 Stir-Fried Carrots with Baby Corn 玉米笋炒胡萝卜 Roasted Potato with Garlic & Rosemary 迷迭香烤土豆 	Pasta with Bacon, Tomato and Mushroom 芝士培根蘑菇番茄意面 Mixed Vegetable 混合什蔬 	 Chicken Fajitas 墨西哥烤鸡肉卷 	 Beef Hot Dog 牛肉热狗 Sauteed Vegetable 黄油时蔬 
G1-G5 Chinese Set Menu B 中式套餐B	Stir-fried Zucchini and Pork 翠玉瓜炒肉 Chinese Cabbage 炒白菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	 Deep Fried Diced Chicken 上校鸡块 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Hanamaki 自制花卷 	Fried Shrimp with Cucumber & Egg 青瓜虾仁炒鸡蛋 Sauteed Shredded Potato in Vinegar 醋溜土豆丝 Steamed Rice 米饭 Steamed Corn 蒸玉米 	 Stir-fried Beef with Mushroom 牛肉炒蘑菇 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜 	 Sichuan Food Festival 四川美食节 Spicy Diced Chicken with Peanuts 宫保鸡丁 Sauteed Cabbage 清炒包菜 Steamed Rice 米饭 Steamed Sweet Taro 桂花糖蒸芋头 

## 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)
654	36.7	81.8	21.4

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STATION	MONDAY 3.9	TUESDAY 3.10	WEDNESDAY 3.11	THURSDAY 3.12	FRIDAY 3.13
G1-G5 Sandwich Station 三明治档口	Tuna Panini 金枪鱼帕尼尼	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼	Chicken Panini 鸡肉帕尼尼	Bacon Potato Pizza 培根土豆披萨	Sichuan Food Festival 四川美食节 Three Cannons (Glutinous Rice Cake) 三大炮
G1-G5 Noodle Station 面档	Pork Rice Noodle with Mushroom 香菇猪肉汤粉 Green Vegetables 白灼蔬菜	Japanese Sesame & Seaweed Rice 日式海苔鸡肉饭 Japanese Flavor Mushroom 日式风味蘑菇	Pork Bun 水煎猪肉包 Vegetable Bun 水煎素菜包 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	Sichuan Food Festival 四川美食节 Yibin Burning Noodles (Pork) 宜宾燃面 (猪) 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)
372	18.5	46.5	12.5

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STATION	MONDAY 3.16	TUESDAY 3.17	WEDNESDAY 3.18	THURSDAY 3.19	FRIDAY 3.20
Soup 汤	Minestrone Soup 意式蔬菜汤 	Chicken with Mushroom Soup 茶树菇炖老鸡汤 	Pumpkin Congee 南瓜粥	Tomato & egg Soup 番茄蛋汤	Miso Paste Yellow 日式大酱汤
G1-G5 Western Set Menu A 西式套餐A	Swedish Beef Meatball 瑞典风味牛肉丸 Grilled Zucchini 烤西葫芦 Mashed Potato 奶香土豆泥 	French Baked Mustard Chicken 法式芥末烤鸡 Mixed Vegetable 混合什蔬 Cajun Potatoes 卡真土豆 	Curry Chicken 印度咖喱鸡 Mixed Vegetable 混合什蔬 Naan 印度烤饼 	Pasta Bolognese 牛肉酱意面 Mixed Vegetable 混合什蔬 	Stewed Beef in Casserole 罐焖牛肉 Sautéed Spinach 炒菠菜 Russian Daleba 俄式大列巴 
G1-G5 Chinese Set Menu B 中式套餐B	Braised Basa Fish with Dried Bean Curd 腐竹焖鱼 Chinese Cabbage 清炒杭白菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	Sautéed Pork with Bell Pepper 彩椒猪肉丝 Sautéed Zucchini 清炒西葫芦 Steamed Rice 米饭 Hanamaki 自制小馒头 	Steamed Egg with Shrimp 虾仁蒸蛋 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	Hong Kong Style Braised Duck 港式酸梅鸭 Sautéed Potato with Bell Pepper 青椒土豆丝 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜 	Japanese Food Festival 日本美食节 Teriyaki Chicken 日式照烧鸡 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Corn 蒸玉米 

## 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)
600	29.5	80.5	18.5

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STATION	MONDAY 3.16	TUESDAY 3.17	WEDNESDAY 3.18	THURSDAY 3.19	FRIDAY 3.20
G1-G5 Sandwich Station 三明治档口	Salami Pizza (Pork) 猪肉萨拉米披萨 	Ham & Mozzarella Cheese Sandwich 火腿芝士三明治 	 Beef Panini 牛肉帕尼尼 	 Chicken Pizza 脆皮鸡肉菠萝披萨 	 Japanese Food Festival 日本美食节 Chicken Floss and Vegetable Rice Roll 鸡肉松蔬菜饭团  
G1-G5 Noodle Station 面档	 Yuen Chow Fried Rice (Beef) 扬州炒饭 (牛) Chicken Nuggets 鸡块 Green Vegetables 白灼蔬菜 	 Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜 	 Noodle with Plant-Based Meat and Soybean Paste 炸酱面 Green Vegetables 白灼蔬菜 	 Chinese Style Steamed Pork Roll 中式蒸猪肉龙 Green Vegetables 白灼蔬菜  	 Japanese Food Festival 日本美食节 Udon Noodles with Beef 日式肥牛乌冬面 
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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Halal

	MONDAY 3.23	TUESDAY 3.24	WEDNESDAY 3.25	THURSDAY 3.26	FRIDAY 3.27
Soup 汤	Barley and Red Bean Congee 薏米红豆粥	Cream of green beans soup 青豆奶油汤	Seaweed & Egg Soup 紫菜蛋花	Cream of Pumpkin Soup 奶油南瓜汤	Fish, Potato and Tomato Soup 土豆番茄鱼汤
G1-G5 Western Set Menu A 西式套餐A	Chorizo (Pork) and Potato Stew 西班牙猪肉香肠炖土豆 Spinach and Chickpeas 菠菜鹰嘴豆 Tomato Bread 番茄面包 	Fish & Chips (Sea Bream) 炸鱼薯条 Sauteed Vegetable 黄油时蔬 	Breaded Chicken & Cheese with Mornay Sauce 芝士鸡胸肉配奶油酱 Grilled Zucchini 烤青瓜 Garlic Bread 蒜香面包 	Shepherd's Pie 英式土豆牛肉派 Mixed Vegetable 混合时蔬 	Braised Basa Fish with Beans 小嫩豆烩鱼肉 Sauteed Vegetable 黄油时蔬 Mashed Potato 奶香土豆泥 
G1-G5 Chinese Set Menu B 中式套餐B	Stewed Beef with Potato 土豆牛腩 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	Marinated Duck in Chaozhou Style with Tofu Puff 潮式卤水鸭配豆泡 Sautéed Spinach 炒菠菜 Steamed Rice 米饭 Hanamaki 自制花卷 	Stir-fried Beef Tenderloin Dices with Black Pepper 黑椒牛柳粒 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Steamed Corn 蒸玉米 	Sweet & Sour Chicken 咕咾鸡 Stewed Tofu with Mixed Vegetable 豆腐炖蔬菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	Braised Pork with Bamboo 雷笋红烧肉 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜 

## 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)
605	29.5	79.5	19.5

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STATION	MONDAY 3.23	TUESDAY 3.24	WEDNESDAY 3.25	THURSDAY 3.26	FRIDAY 3.27
G1-G5 Sandwich Station 三明治档口	Bacon & Egg Panini 培根鸡蛋帕尼尼 	 Spanish Pot Roast Sandwich 西班牙炖牛肉三明治 	 Moroccan Style Chicken Leg with Potato Pizza 摩洛哥风情浓溢鸡腿肉土豆披萨 	 Smoked Chicken Pizza 地中海烟熏鸡肉披萨 	 Banh Mi (Chicken) 越南法棍三明治 (鸡) 
G1-G5 Noodle Station 面档	 Rice Noodle Soup with Beef Meatball 越南牛肉丸汤粉 Green Vegetables 白灼蔬菜 	Fried Rice with Vegetable and Preserved Pork 腊味菜心粒炒饭 (猪) 	Fried Duck Noodles 酱香鸭肉面 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 	 Fried Pie with Shredded Chicken 鸡丝炒饼 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)
<b>388</b>	<b>15.2</b>	<b>50.3</b>	<b>14.0</b>

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STATION	MONDAY 3.30	TUESDAY 3.31	WEDNESDAY 4.1	THURSDAY 4.2	FRIDAY 4.3
Soup 汤	Vegetable Soup 蔬菜汤	Cucumber and Egg Soup 黄瓜鸡蛋汤	 Spinach and Lean Pork Soup 菠菜瘦猪肉汤	Miso Soup 味噌汤	 Russian Cabbage Soup 红菜汤
G1-G5 Western Set Menu A 西式套餐A	 Curry Beef 咖喱牛肉 Curry Vegetables 咖喱蔬菜 Homemade Soft Roll 自制小餐包	 Ratatouille with Pork Sausages 普罗旺斯辣烩猪肉丁及猪肉香肠 Sauteed Spinach with Sesame 芝麻菠菜 Roasted Potato 烤土豆	 Korean Fried Chicken 韩式炸鸡 Korean Rice Cake 韩式炒年糕	 Beef Lasagna 牛肉千层面 Sauteed Vegetable 黄油时蔬	 Easter复活节 Indulge Roasted Chicken Leg with Herb 意大利香草橄榄烤鸡腿 Sauteed Broccoli with Cauliflower 双色菜花 Roasted Potato 香烤土豆
G1-G5 Chinese Set Menu B 中式套餐B	 Steamed Basa Fish Fillet with Scallion 香葱蒸鱼 Stir-fried Bell Pepper with Tofu Skin 豆皮炒彩椒 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	 Taiwan-Style Three-Cup Chicken 台湾三杯鸡 Garlic Stem Lettuce 蒜蓉青笋 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	 Teriyaki Beef 照烧肥牛 Poached Chinese Cabbage 白灼奶白菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	 Stir-fried Pork with Mixed Vegetable 五彩猪肉丝 Stir-fry Cucumber with Bean Curd 腐竹炒黄瓜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	 Braised Beef with Tomato 番茄牛腩 Braised Turnip 家常萝卜 Steamed Rice 米饭 Steamed Corn 蒸玉米

## 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)
657	36.7	85.8	20.4

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STATION	MONDAY 3.30	TUESDAY 3.31	WEDNESDAY 4.1	THURSDAY 4.2	FRIDAY 4.3
G1-G5 Sandwich Station 三明治档口	 Pesto Chicken Sandwich 青酱鸡肉三明治 	 Philly Beef and Cheese Sandwich 费城芝士牛肉三明治 	Ham Pizza 菠萝火腿披萨 	 Roasted Chicken Panini 美式烤鸡肉帕尼尼 	Russian Pickles and Ham Sandwich 俄式酸黄瓜火腿三明治  
G1-G5 Noodle Station 面档	Pork Bun 水煎包 Vegetable Bun 素菜包 Green Vegetables 白灼蔬菜 	 Noodle with Plant-Based Meat and Soybean Paste 炸酱面 Green Vegetables 白灼蔬菜 	 Chicken Rice Noodle in Marinated Soup 卤汤鸡腿米粉 Green Vegetables 白灼蔬菜 	Japanese Pork Bone Noodle Soup 日式豚骨拉面 Braised Egg 卤蛋 Green Vegetables 白灼蔬菜 	 Easter 复活节 Basque Stewed Chicken with Pasta 巴斯克炖鸡配意面 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)
368	20.1	45.0	12.0