

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
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	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
KGT Chinese 幼儿园中式	Stewed Basa Fish with Stir-fried 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 Sponge Cake 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
	 KGT Western 幼儿园西式	 Teriyaki Chicken 日式照烧鸡 	 Korean Fried Chicken 韩式炸鸡 	 Beef Lasagna 牛肉千层面 	 Mediterranean Stewed Basa Fish 地中海炖鱼

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)
463	35.0	41.0	14.9

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STATION	MONDAY 3.9	TUESDAY 3.10	WEDNESDAY 3.11	THURSDAY 3.12	FRIDAY 3.13
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	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 
KGT Chinese 幼儿园中式	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 Sautéed 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 Sautéed Cabbage 清炒包菜 Steamed Rice 米饭 Steamed Sweet Taro 桂花糖蒸芋头  
KGT Western 幼儿园西式	 Orleans Chicken Burger 奥尔良鸡腿堡 	Salami Pizza (Pork) 猪肉萨拉米披萨 	Pasta with Bacon, Tomato and Mushroom 芝士培根蘑菇番茄意面 	 Chicken Panini 鸡肉帕尼尼 	 Beef and Cheese Sandwich 芝士牛肉三明治 

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

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STATION	MONDAY 3.16	TUESDAY 3.17	WEDNESDAY 3.18	THURSDAY 3.19	FRIDAY 3.20
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	 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 Soup 日式大酱汤
KGT Chinese 幼儿园中式	Braised Basa Fish with Dried Bean Curd  腐竹焖鱼 Chinese Cabbage 清炒杭白菜 Steamed Rice 米饭	Sauteed Pork with Bell Pepper 彩椒猪肉丝 Sauteed 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	Hong Kong Style Braised Duck 港式酸梅鸭 Sauteed 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
KGT Western 幼儿园西式	 Swedish Beef Meatball 瑞典风味牛肉丸 Mashed Potato 奶香土豆泥	 French Baked Mustard Chicken 法式芥末烤鸡	 Curry Chicken 咖喱鸡 Naan 印度烤饼	 Pasta Bolognese 牛肉酱意面	 Udon Noodles With Beef 日式肥牛乌冬面

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)
482	32.9	54.0	16.0

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STATION	MONDAY 3.23	TUESDAY 3.24	WEDNESDAY 3.25	THURSDAY 3.26	FRIDAY 3.27
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	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
KGT Chinese 幼儿园中式	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 Sauteed 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
KGT Western 幼儿园西式	Chorizo and Potato Stew (Pork) 西班牙猪肉香肠 炖土豆 	Beef Sandwich 牛肉三明治 	Breaded Chicken & Cheese With Mornay Sauce 芝士鸡胸肉 配奶油酱 	Beef Panini 牛肉帕尼尼 	Braised Basa Fish with Beans 小嫩豆烩鱼肉

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)
464	33.0	43.3	15.0

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STATION	MONDAY 3.30	TUESDAY 3.31	WEDNESDAY 4.1	THURSDAY 4.2	FRIDAY 4.3
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	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
KGT Chinese 幼儿园中式	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 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
KGT Western 幼儿园西式	Curry Beef 咖喱牛肉 	Philly Beef and Cheese Sandwich 费城芝士牛肉三明治 	Korean Fried Chicken 韩式炸鸡 	Beef Lasagna 牛肉千层面 	Easter 复活节 Indulge Roasted Chicken Leg with Herb 意大利香草 橄榄烤鸡

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)
501	32.9	49.9	18.6