

WEEKLY MENU



STATION	MONDAY 3.2	TUESDAY 3.3	WEDNESDAY 3.4	THURSDAY 3.5	FRIDAY 3.6
Soup 汤	Miso Soup 味增汤	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
Daily Western Special 西式特式	 Roasted Beef with Black Pepper and Mushroom Sauce, Potato Wedge, Vegetable 烤牛柳配黑椒蘑菇汁 土豆角、西兰花、胡萝卜 	 Lamb Biryani with Slice Onion and Sour Yoghurt Sauce 印度烩羊肉 配洋葱丝 酸奶油汁 Papad 炸面饼 	 Turkish Roast Chicken 土耳其烤鸡 Grilled Vegetable 烤时蔬 Pita Bread 口袋饼 	 Chicken Fricassee 佛理卡西鸡腿 Roasted Cauliflower with Olive Oil 橄榄油烤花菜 Mashed Potato 土豆泥 	 Beef Cheeseburger 牛肉芝士汉堡 Pickles 酸黄瓜 French Fries 薯条 
Daily Asian Special 亚式特式	 Cantonese Pot Rice with Sausage & Cured Meat 腊味煲仔饭 Sautéed Cabbage 清炒快菜 	 Pork Ribs 豉汁蒸排骨 Seasonal Vegetable in Broth 上汤时蔬 Yangzhou Fried Rice 扬州炒饭 	 Kung Pao Fish Ball 宫爆鱼球  Sautéed Chinese Cabbage with Carrot and Baby Corn 白菜配玉米笋胡萝卜 Rice 米饭  	 Korean Style Roast Pork Belly with Rice 韩式五花肉拌饭 	 Steamed Basa Fish with Chopped Pepper  剁椒鱼 Braised Bok Choy 小炒上海青 Steamed Rice 米饭 
Noodle Bar 面档	 Penne with Meat Ball Bolognese 牛肉丸斜切意面 Macaroni with Cheese Bacon and Mushroom Sauce 大弯通面配奶油 培根蘑菇汁  	 Leek Beef Roll Soup Noodles 京葱肥牛卷汤面  	 Beef Rice Noodle in Sour Broth 酸汤肥牛米粉 	 Hang Kong Beef Noodle Soup 港式牛腩面  	 Japanese Hakata Ramen 日式博多拉面 

WEEKLY MENU



Vegetarian

Seafood

Halal



STATION	MONDAY 3.2	TUESDAY 3.3	WEDNESDAY 3.4	THURSDAY 3.5	FRIDAY 3.6
Chinese Station -Set Menu 中式	Stewed Basa Fish with Stir fried 巴沙鱼煮豆腐 Blanched chrysanthemum 白灼菊花菜 Steamed Rice 米饭	Braised Chicken with Mushroom 黄焖鸡块 Garlic Stem Lettuce 蒜蓉青笋 Steamed Rice 米饭	Stewed Beef, Corn with Tofu 玉米牛肉炖豆腐 Poached Chinese Cabbage 白灼奶白菜 Steamed Rice 米饭	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	Braised Beef with Tomato 番茄牛腩 Braised Turnip 家常萝卜 Steamed Rice 米饭
Sandwich 三明治	Pesto Chicken Sandwich 青酱鸡肉三明治	Roasted Beef Panini 烤牛肉帕尼尼	Pulled Pork Panini 美式手撕猪肉帕尼尼	Beef Potato Pizza 照烧牛肉土豆披萨	Banh Mi (Chicken) 越南法棍三明治(鸡肉)
Salad Bar 沙拉吧	4 Kinds of Vegetable 4款鲜蔬				
Nutritional 营养搭配	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				
	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)
812	47.1	88.8	31.0

WEEKLY MENU



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
Daily Western Special 西式特式	 Mediterranean Roast Chicken 地中海烤鸡腿 Sauteed Vegetable 黄油时蔬 Poutine 肉汁乳酪薯条 	 Western-style Bowl of Colored Pepper and Pork 西式彩椒瓢猪肉碗 Seasonal Vegetable 时令蔬菜 Boiled Potato with Butter 黄油煮土豆 	 Beef Lasagna 牛肉千层面 Sauteed Vegetable 黄油时蔬 	 Grilled Salmon Steak with Cream and Lemon Sauce 扒三文鱼排配柠檬奶油汁 Seasonal Vegetable 时令蔬菜  Baked Macaroni with Mushroom 蘑菇焗空心粉 	 Braised Meatloaf 美式烘烤牛肉饼 Mushroom and Cauliflower 烤蘑菇和花菜 Roasted Potato 烤土豆 
Daily Asian Special 亚式特式	 Braised Beef with Sichuan Pepper 鲜藤椒雪花牛肉 Stir-Fried Cabbage 清炒杭白菜 Steamed Rice 米饭 	 Roasted Chicken with Korean Sauce 烤鸡配韩式辣酱 Mixed Vegetables 胡萝卜、洋白菜、白菜花 Fried Rice with Kimchi 韩式泡菜玉米粒炒饭 	 Hot Pot 麻辣香锅 Stir-fried Cabbage 炆炒包菜 Steamed Rice 米饭 	 Grilled Pork Neck with Teriyaki Sauce and Egg 日式照烧猪肉配煎蛋 Stir-fried Seasonal Vegetable 时令蔬菜 (白菜花、洋白菜、 胡萝卜、西兰花) Japanese Fried Rice 日式蔬菜酱油炒饭 	 Sichuan Food Festival 四川美食节 Sauteed Chicken with Chili Pepper 辣子鸡 Mapo Tofu 麻婆豆腐 Steamed Rice 米饭 
Noodle Bar 面档	Beijing Noodles with Pork Gravy 老北京猪肉打卤面 	Saozi Noodles (Pork) 岐山臊子面 (猪) 	 Yunnan Rice Noodle (Chicken, Beef) 云南过桥米线 (鸡肉, 牛肉) 	 Braised Beef Noodle Soup 红烧牛肉面 	 Sichuan Spicy and Sour Noodles (Pork) 四川怪味面(猪肉) 

WEEKLY MENU



Vegetarian

Seafood

Halal



STATION	MONDAY 3.9	TUESDAY 3.10	WEDNESDAY 3.11	THURSDAY 3.12	FRIDAY 3.13
Chinese Station 中式	Stir-fried Zucchini and Pork 翠玉瓜炒肉 Chinese Cabbage 炒白菜 Steamed Rice 米饭	Deep Fried Diced Chicken 上校鸡块 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	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	Stir-fried Beef with Mushroom 牛肉炒蘑菇 Sauteed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭	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
Sandwich 三明治	Chicken Pizza 韩式炸鸡披萨 	Tuna Panini 金枪鱼帕尼尼 	Malaysian Chicken Curry Sandwich 马来西亚咖喱鸡肉三明治 	Beef Panini with Black Pepper 黑椒牛肉帕尼尼	Thai Beef Sandwich 泰式牛肉三明治
Salad Bar 沙拉吧	4 Kinds of Vegetable 4款鲜蔬				
Nutritional 营养搭配	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				
	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)
794	47.0	88.8	29.8

WEEKLY MENU



Vegetarian

Seafood

Halal



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 Soup 日式大酱汤
Daily Western Special 西式特式	Buffalo Chicken Wings 美式水牛城辣鸡翅 Vegetable Sticks 蔬菜条 French Fries 薯条	Beef Fajita 墨西哥法吉塔牛肉卷 Tomato Salsa 番茄莎莎 Guacamole 牛油果酱 Nachos 玉米片	Russian pork pie 俄式猪肉饼 Roasted Mushroom & Snow Peas 烤蘑菇配荷兰豆 Russian Daleba 俄式大列巴	Italian Baked Chicken Leg with Olive Oil and Herb Cheese 意式橄榄油香草芝士焗鸡腿 Cherry Tomato, Onion, Asparagus, Baby Corn 圣女果洋葱芦笋玉米笋 Cajun Potato 卡真土豆	Japanese Food Festival 日本美食节 Kanto stew 关东煮 Vegetable Tempura 蔬菜天妇罗
Daily Asian Special 亚式特式	Teriyaki Beef Rice with Enoki Mushroom 照烧金针菇肥牛饭	Fried Pork with Japanese Wasabi Mayonnaise 青芥蛋黄酱日式炸猪排 Sliced Cabbage & Carrot Salad 洋白菜丝配胡萝卜沙拉 Vegetable Sushi 日式蔬菜寿司	Chicken Tikka Masala with Naan 印度鸡肉玛莎拉配印度烤饼 Curry Mixed Vegetables 咖喱混合时蔬	Korean Seafood Tofu Soup 韩式海鲜豆腐汤 Kimchi 泡菜 Steamed Rice 米饭	Japanese Food Festival 日本美食节 unadon 鳗鱼盖饭 Saute spinach with sesame seeds 芝麻菠菜
Noodle Bar 面档	Cantonese Fried Rice Noodle with Beef 干炒牛河	Braised Chicken Leg Noodle 红烧鸡腿面	Sichuan Sour & Spicy Glass Noodles with Chinese hamburger (Pork) 酸辣粉配肉夹馍 (猪)	Beef Board Noodles 牛肉板面	Japanese Soba Noodle with Soy Sauce 日式荞麦面配日式酱油汁

WEEKLY MENU



Vegetarian

Seafood

Halal



STATION	MONDAY 3.16	TUESDAY 3.17	WEDNESDAY 3.18	THURSDAY 3.19	FRIDAY 3.20
Chinese Station 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	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	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
Sandwich 三明治	BLT Sandwich 培根生菜番茄三明治	Cumin Beef Pizza 孜然牛肉披萨	Texas Roast Beef & Cheese Panini 德克萨斯牛肉奶酪帕尼尼	Roast Chicken Panini 烤鸡肉帕尼尼	Black Pepper Beef Panini 黑椒牛肉帕尼尼
Salad Bar 沙拉吧	4 Kinds of Vegetable 4款鲜蔬				
Nutritional 营养搭配	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				
	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)
814	47.0	91.5	29.0

WEEKLY MENU



STATION	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 
Daily Western Special 西式特式	  Chicken Burrito Bowl 墨西哥鸡肉碗	 Braised Meat Ball (chicken & beef) with Brown Sauce 烧汁烩肉丸 (鸡肉、牛肉) Sautéed Broccoli with Carrot and Cauliflower 西兰花胡萝卜白菜花  Roasted Potato 烤土豆	 Orleans Roast Chicken 奥尔良香烤鸡 Sautéed Vegetables 黄油时蔬 Garlic Bread 蒜蓉面包	 Beef Hot Dog 牛肉热狗 Ketchup/Mustard 番茄沙司/黄芥末 Onion/Pickle 洋葱/酸黄瓜 French Fries 薯条	 Roasted Lamb with Mint Sauce 英格兰烤羊肉配薄荷汁 Mixed Vegetable 混合什蔬 Roasted Potato 烤土豆 
Daily Asian Special 亚式特式	Korean Budae Jjigae 韩式部队锅 Egg Noodle 鸡蛋面 Kimchi 韩式泡菜	 Nasi Goreng 印尼炒饭 Satay Chicken Skewers 沙爹鸡串 Fried Prawn Crackers 虾片 Pan-Fried Egg 煎蛋 Vegetable 时蔬	Prawn Biryani with Rice 鲜虾比亚尼配米饭 Papad 印度薄饼 Yoghurt and Cucumber Sauce 酸奶黄油汁 	 Chicken Biryani 印度鸡肉香饭 Sautéed Spinach 炒菠菜	Thai Fried Rice with Pork and Egg 泰式打抛猪肉饭
Noodle Bar 面档	 Japanese Stir-fried Udon with Beef 日式炒牛肉乌冬	 Xinjiang Sautéed Noodle with Mutton 新疆羊肉拉条子	 Guizhou Huaxi Beef Rice Noodle 贵州花溪牛肉粉	 Shanxi Biang Biang Noodle (Pork) 陕西Biangbiang面(猪)	 Spaghetti/Penne 意大利直面/斜切面 Beef Bolognese 牛肉酱 Tomato Sauce 番茄酱 

WEEKLY MENU



Vegetarian

Seafood

Halal



STATION	MONDAY 3.23	TUESDAY 3.24	WEDNESDAY 3.25	THURSDAY 3.26	FRIDAY 3.27
Chinese Station 中式	 Stewed Beef with Potato 土豆牛腩 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭	 Cantonese Style Braised Duck 广式南乳鸭 Stewed Tofu with Mixed Vegetable 豆腐炖蔬菜 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	 Braised Pork with Bean Curd 豆泡红烧肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	 Sweet & Sour Chicken 咕咾鸡 Sauteed Spinach 炒菠菜 Steamed Rice 米饭	Braised Pork in Brown Sauce 红烧猪肉 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭
Sandwich 三明治	Bacon & Egg Panini 培根鸡蛋帕尼尼	 Spanish Roast Beef Sandwich 西班牙炖牛肉三明治	 Beef Salami Pizza 牛肉萨拉米披萨	 Teriyaki Chicken Panini 照烧鸡肉帕尼尼	 Banh Mi (Chicken) 越南法棍三明治(鸡肉)
Salad Bar 沙拉吧	4 Kinds of Vegetable 4款鲜蔬				
Nutritional 营养搭配	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				
	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)
826	47.1	90.5	30.7

WEEKLY MENU



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
Daily Western Special 西式特式	 Roasted Chicken with Rosemary 迷迭香烤春鸡 Mixed Vegetable 混合时蔬 Homemade Soft Roll 自制小软包 	 Fried Fish with Lemon 柠檬炸鱼  Sauteed Zucchini, Carrot & Bell Pepper 清炒西葫芦胡萝卜彩椒 Baked Potato 烤土豆 	 Beef Lasagna 牛肉千层面 Sauteed Vegetable 黄油时蔬 	 Braised Chicken with Mushroom 蘑菇炖鸡块 Seasonal Vegetable 黄油时蔬 (白菜花、胡萝卜、西兰花、彩椒) Baked Bread with Tomato and Cheese 芝士番茄焗面包 	 Braised Meatloaf 美式烘烤牛肉饼 Mushroom and Cauliflower 烤蘑菇和花菜 Roasted Potato 烤土豆 
Daily Asian Special 亚式特式	Korean Bibimbap 韩式石锅拌饭 	 Braised Pork Spine with Spicy Sauce 香辣红烧腔骨 Sautéed Bok Choy with Corn 炒小油菜配玉米粒 Rice 米饭 	Wanzhou Roasted Fish 重庆万州烤鱼  Stir-Fried Cabbage 炆炒包菜 Steamed Rice 米饭 	Braised Pork with Rice 台式卤肉饭 Braised Egg 卤蛋 Green Vegetables 白灼蔬菜 	 Kadai Chicken with Tomato 番茄青椒印度鸡 Sautéed Corn & Spinach 玉米粒和菠菜 Rice 米饭 
Noodle Bar 面档	 Noodle with Soybean and Green Pea Paste and Braised Duck Leg 豌豆酱拌面 配红烧鸭腿 	  Noodles with Slice Lamb Shanxi Style 陕西羊肉臊子面 	Japanese Pork Bone Ramen 日式豚骨拉面 	 Braised Beef Noodle Soup 红烧牛肉面 	Sichuan Dan Dan Noodle (Pork) 担担面 (猪肉) 

WEEKLY MENU



Vegetarian

Seafood

Halal



STATION	MONDAY 3.30	TUESDAY 3.31	WEDNESDAY 4.1	THURSDAY 4.2	FRIDAY 4.3
Chinese Station 中式	Steamed Fish Fillet with Scallion 香葱蒸鱼 Stir fried Bell Pepper with Tofu Skin 豆皮炒彩椒 Steamed Rice 米饭	 Taiwan Three-Cup Chicken 台湾三杯鸡 Garlic Stem Lettuce 蒜蓉青笋 Steamed Rice 米饭	 Teriyaki Beef 照烧肥牛 Poached Chinese Cabbage 白灼奶白菜 Steamed Rice 米饭	Stir-fried Pork with Mixed Vegetable 五彩猪肉丝 Stir-fried Cucumber with Bean Curd 腐竹炒黄瓜 Steamed Rice 米饭	 Braised Beef with Tomato 番茄牛腩 Braised Turnip 家常萝卜 Steamed Rice 米饭
Sandwich 三明治	 Chicken Pizza 韩式炸鸡披萨 	 Orleans Chicken Panini 奥尔良鸡肉帕尼尼	 Malaysian Chicken Curry Sandwich 马来西亚咖喱鸡肉三明治 	 Beef Panini with Black Pepper 黑椒牛肉帕尼尼	 Turkish Beef Pide 土耳其船型牛肉披萨
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)
794	47.0	88.8	29.8