

WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 5.4	TUESDAY 5.5	WEDNESDAY 5.6	THURSDAY 5.7	FRIDAY 5.8
Soup 汤		Pear Tremella Soup 银耳雪梨汤	Creamy Mushroom Soup 奶油蘑菇汤	Chinese Yam and Egg White Soup 芙蓉山药汤	Vietnamese Chicken Soup 越南鸡汤
G1-G5 Western Set Menu A G1-G5 西式套餐A		Carcamusas 西班牙红会猪肉 Sauteed Vegetables 黄油时蔬 Roasted Potato 烤土豆	Beef Cottage Pie 乡村牛肉派 Snow Pea, Carrot & Corn 青豆胡萝卜配玉米	Orleans Chicken Wrap 奥尔良鸡肉卷 Roasted Vegetables 烤什蔬	Swedish Beef Meatball 瑞典风味牛肉丸 Sauteed Vegetables 黄油时蔬 Mashed Potato 奶香土豆泥
G1-G5 Chinese Set Menu B G1-G5 中式套餐B		Braised Chicken Homemade-style 家烧鸡 Stir-fried Pak Choi 清炒奶白菜 Steamed Rice 米饭 Oatmeal Steamed Buns 燕麦馒头	Braised Duck Breast 酱鸭胸 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	Braised Pork with Potatoes 土豆红烧猪肉 Poached Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Vietnamese Food Festival 越南美食节 Vietnamese Grilled Por with Rice 越南烤猪肉饭 Blanched Vegetables 白灼蔬菜 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)
644	32.5	76.0	20.9

WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while

















Vegetarian



Seafood



Halal

STATION	MONDAY 5.4	TUESDAY 5.5	WEDNESDAY 5.6	THURSDAY 5.7	FRIDAY 5.8
G1-G5 Sandwich Station G1-G5 三明治档口		 Teriyaki Chicken Pizza 照烧鸡肉披萨 	Ham & Cheese Panini 猪肉火腿奶酪帕尼尼 	Tuna Panini  金枪鱼帕尼尼 	 Vietnamese Food Festival 越南美食节 Vietnamese Chicken Baguette 越南鸡肉法棍 三明治 
G1-G5 Noodle Station G1-G5 面档		 Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜 	 Chicken Rice Noodle in Marinated Soup 卤汤鸡腿米粉 Green Vegetables 白灼蔬菜 	Noodle with Plant- Based Meat and Soybean Paste (Pork) 炸酱面 (猪) Green Vegetables 白灼蔬菜 	 Vietnamese Food Festival 越南美食节 Pho Beef 越南牛肉粉 
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)
360	18.0	45.0	12.0

WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 5.11	TUESDAY 5.12	WEDNESDAY 5.13	THURSDAY 5.14	FRIDAY 5.15
Soup 汤	Soybean Sauce Soup 大酱汤	Egg & Corn Soup 鸡蛋玉米羹	Minced Beef & Tofu Soup 西湖牛肉羹	Sour Plum Soup 酸梅汤	Green Bean Soup 绿豆汤
G1-G5 Western Set Menu A G1-G5 西式套餐A	Pasta Bolognese 牛肉肉酱意面 Sautéed Zucchini & Carrot 胡萝卜西葫芦 	Crispy Fried Chicken 香酥炸鸡柳 Mixed Vegetables 混合什蔬 Korean Rice Cake 炒年糕 	Beef Lasagna 牛肉千层面 Sautéed Vegetables 黄油时蔬 	Indian Curry Chicken 印度咖喱鸡 Mixed Vegetables 混合什蔬 Naan 印度烤饼 	Beef Hot Dog 牛肉热狗 Mixed Vegetables 混合什蔬
G1-G5 Chinese Set Menu B G1-G5 中式套餐B	Stir-fried Pork with Green Peas and Corn 青豆玉米炒猪肉 Sautéed Zucchini with Egg and Black Fungus 茼笋木耳炒蛋 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	Braised Fish and Tofu 鱼肉烧豆腐 Sautéed Cabbage 清炒快菜 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕 	Shanghai Style Braised Chicken 上海白斩鸡 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 Steamed Corn 蒸玉米 	Braised Beef with Potato 土豆烧牛肉 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	Shredded Pork with Bamboo Shoots 冬笋猪肉丝 Stir-fried Cabbage with Tofu 白菜烧豆腐 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)
650	36.7	80.8	21.4

WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



















Vegetarian



Seafood



Halal

STATION	MONDAY 5.11	TUESDAY 5.12	WEDNESDAY 5.13	THURSDAY 5.14	FRIDAY 5.15
G1-G5 Sandwich Station G1-G5 三明治档口	 Pesto Chicken Sandwich 青酱鸡肉三明治 	Lyonnaise Sausage Panini 里昂那香肠帕尼尼 	 Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼 	Basil Salami Pizza (Pork) 罗勒酱猪肉萨拉米披萨  	Tuna Panini  金枪鱼帕尼尼 
G1-G5 Noodle Station G1-G5 面档	Beijing Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜 	Duck Rice Noodle 卤鸭肉汤米粉 Green Vegetables 白灼蔬菜 	Japanese Pork Bone Noodle Soup 日式豚骨拉面 Green Vegetables 白灼蔬菜 	 Lanzhou Beef Noodle Soup 兰州牛肉拉面 Green Vegetables 白灼蔬菜 	Noodles with Jinan Style Meat Sauce 老济南猪肉酱打卤面 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)
388	15.2	50.3	14.0

WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 5.18	TUESDAY 5.19	WEDNESDAY 5.20	THURSDAY 5.21	FRIDAY 5.22
Soup 汤	Japanese Miso Soup 日式味噌汤	Tomato & Egg Soup 番茄蛋花汤	Brown Sugar & Rice Dumpling Soup 红糖小圆子	Jujube and Tremella Soup 红枣银耳汤	Winter Melon and Barley Soup 冬瓜薏米汤
G1-G5 Western Set Menu A G1-G5 西式套餐A	Roasted Duck Breast Black Pepper Sauce 黑椒烤鸭胸 Sauteed Zucchini 炒节瓜 Tortilla 墨西哥饼 	Orleans Chicken Burger 奥尔良鸡腿堡 Fried Potato 炸薯条 Sauteed Vegetables 黄油时蔬 	Teriyaki Basa Fish 照烧巴沙鱼 Sautéed Spinach 清炒菠菜 Soft Roll 软面包 	Mexican Chicken Rolls 墨西哥鸡肉卷 Grilled Vegetables 烤蔬菜 	Greek Moussaka 希腊牛肉茄盒 Sautéed Zucchini with Carrot 西葫芦胡萝卜 Couscous 古斯米
G1-G5 Chinese Set Menu B G1-G5 中式套餐B	Steamed Meat Pie with Mushroom (Pork) 香菇蒸肉饼 (猪) Wok-fried Cabbage With Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Steamed Corn 蒸玉米 	Braised Fish With Soybean Sauce 酱焖鱼 Sautéed Cabbage with Tofu 小白菜豆腐 Steamed Rice 米饭 Two-colored Steamed Roll 双色花卷 	Sauteed Beef with Soya Sauce 豉汁牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	Braised pork Balls 红烧猪肉丸子 Braised Cabbage with Bean Curd 千张烧白菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	Hong Kong Food Promotion 香港美食节 Sweet and Sour Chicken With Pineapple 菠萝古老鸡 Blanched Vegetable 白灼青菜 Steamed Rice 米饭 Steamed Taro with Osmanthus 桂花蒸芋头

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)
595	30.4	80.5	17.5

WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 5.18	TUESDAY 5.19	WEDNESDAY 5.20	THURSDAY 5.21	FRIDAY 5.22
G1-G5 Sandwich Station G1-G5 三明治档口	 Beef Panini 牛肉帕尼尼 	Egg & Vegetable Sandwich 滑蛋蔬菜三明治 	 Salami Pizza (Beef) 萨拉米披萨(牛) 	Lyonnaise Sausage Panini 里昂那香肠帕尼尼 	Hong Kong Food Promotion 香港美食节 French Toast with Jam 果酱西多士
G1-G5 Noodle Station G1-G5 面档	 Rice Noodle Soup with Beef Meatball 牛肉丸汤粉 Green Vegetables 白灼蔬菜 	Braised Eggplant and Pork Noodle 茄子肉丁打卤面 Green Vegetables 白灼蔬菜 	Stuffed Bun with Roast Pork 叉烧包 Steamed Vegetable Bun 素菜包 Green Vegetables 白灼蔬菜 	 Uden Noodles with Egg and Beef Ham 鸡蛋牛肉火腿炒乌冬面 	Hong Kong Food Promotion 香港美食节 Hongkong Cart Noodle (Pork) 车仔面 (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)
396	18.3	49.7	13.8

WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while

























Vegetarian



Seafood



Halal

STATION	MONDAY 5.25	TUESDAY 5.26	WEDNESDAY 5.27	THURSDAY 5.28	FRIDAY 5.29
Soup 汤	Seaweed & Egg Soup 紫菜蛋花汤	Cabbage & Vermicelli Soup 白菜粉丝汤	 Sour Plum Soup 酸梅汤	Soybean Paste Stew 大酱汤	Traditional Pear Soup 小吊梨汤
G1-G5 Western Set Menu A G1-G5 西式套餐A	 Thai Curry Chicken 泰式咖喱鸡 Mixed Vegetables 混合什蔬 Soft Roll 软面包 	 Braised Beef 红烩牛肉 Sauteed Vegetables 黄油时蔬 Garlic Bread 蒜香面包 	 French Baked Chicken with Mustard Sauce 法式芥末烤鸡 Mixed Vegetables 混合什蔬 Cajun Potatoes 卡真土豆 	Masala Grilled Fish 玛莎拉烤鱼  Curry Cumin Potatoes 咖喱孜然土豆 Sauteed Vegetables 咖喱杂菜  	 Pasta Bolognese 牛肉酱意面 Sautéed Zucchini & Carrot 胡萝卜西葫芦 
G1-G5 Chinese Set Menu B G1-G5 中式套餐B	Yu-Shiang Shredded Pork 鱼香肉丝 Braised Cabbage with Bean Curd 千张烧白菜 Steamed Rice 米饭 Steamed Corn 蒸玉米 	 Sweet Sour Chicken 糖醋鸡柳 Poached Bok Choy 白灼油菜 Steamed Rice 米饭 Spring Onion Steamed Roll 香葱花卷  	 Stewed Beef, Corn with Tofu 玉米牛肉炖豆腐 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	Steamed Egg with Minced Pork 肉末蒸蛋 Sauteed Zucchini 清炒西葫芦 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	 Diced Chicken with Green Peppers 青椒炒鸡丁 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 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)
661	36.7	85.8	21.0

WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 5.25	TUESDAY 5.26	WEDNESDAY 5.27	THURSDAY 5.28	FRIDAY 5.29
G1-G5 Sandwich Station G1-G5 三明治档口	Tuna Panini 金枪鱼帕尼尼	Ham & Cheese Panini 火腿奶酪帕尼尼	Bacon & Egg Panini 培根鸡蛋帕尼尼	 Beef Pizza 牛肉披萨	Pulled Pork Panini 手撕猪肉帕尼尼
G1-G5 Noodle Station G1-G5 面档	 Yunnan Rice Noodle (Chicken & Beef) 云南过桥米线(鸡牛) Green Vegetables 白灼蔬菜	Noodle with Tomato & Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜	 Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜	Yibin Burning Noodles 宜宾燃面 (猪) Green Vegetables 白灼蔬菜	 Braised Chicken Noodles 红烧鸡块面 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)
396	17.2	50.3	14.0