

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
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		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 
KGT Chinese 幼儿园中式		 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 Grilled Por with Rice 越南烤猪肉饭 Blanched Vegetables 白灼蔬菜 
KGT Western 幼儿园西式		 Pork Ham Pineapple Pizza 猪肉火腿菠萝披萨 	 Beef Cheese Panini 牛肉奶酪帕尼尼 	 Orleans Chicken Wrap 奥尔良鸡肉卷 	 Swedish Beef Meatball 瑞典风味牛肉丸 Mashed Potato 奶香土豆泥 

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)
451	33.1	44.3	13.8

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STATION	MONDAY 5.11	TUESDAY 5.12	WEDNESDAY 5.13	THURSDAY 5.14	FRIDAY 5.15
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	Soybean Sauce Soup 韩式大酱汤	Egg & Corn Soup 鸡茸粟米羹	Minced Beef & Tofu Soup 西湖牛肉羹	Sour Plum Soup 酸梅汤	Green Bean Soup 绿豆汤
KGT Chinese 幼儿园中式	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	Shredded Pork with Bamboo Shoots 冬笋猪肉丝 Stir-fried Cabbage with Tofu 杭白菜烧豆腐 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜
KGT Western 幼儿园西式	Pasta Bolognese 牛肉肉酱意面	Crispy Fried Chicken 香酥炸鸡柳	Beef Lasagna 牛肉千层面	Indian Curry Chicken 印度咖喱鸡 Naan 印度烤饼	Tuna Panini 金枪鱼帕尼尼

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)
499	31.9	58.0	16.6

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Halal

STATION	MONDAY 5.18	TUESDAY 5.19	WEDNESDAY 5.20	THURSDAY 5.21	FRIDAY 5.22
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	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
KGT Chinese 幼儿园中式	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 Greens 白灼青菜 Steamed Rice 米饭 Steamed Taro with Osmanthus 桂花蒸芋头
KGT Western 幼儿园西式	Roasted Duck Breast Black Pepper Sauce 黑椒烤鸭胸 	 Orleans Chicken Burger 奥尔良鸡腿堡 	 Teriyaki Basa Fish 照烧巴沙鱼 	 Beef Salami Pizza 牛肉萨拉米披萨 	 Beef Panini 牛肉帕尼尼

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)
444	27.9	56.5	12.6

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Halal

STATION	MONDAY 5.25	TUESDAY 5.26	WEDNESDAY 5.27	THURSDAY 5.28	FRIDAY 5.29
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	Seaweed & Egg Soup 紫菜蛋花汤	Cabbage & Vermicelli Soup 白菜粉丝汤	 Sour Plum Soup 酸梅汤	Soybean Sauce Soup 大酱汤	Traditional Pear Soup 小吊梨汤
KGT Chinese 幼儿园中式	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  
KGT Western 幼儿园西式	 Thai Curry Chicken 泰式咖喱鸡 	 Braised Beef 红烩牛肉 	 French Baked Chicken with Mustard Sauce 法式芥末烤鸡 	Tuna Panini 金枪鱼帕尼尼  	 Pasta Bolognese(Beef) 牛肉肉酱意面 

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)
508	32.0	58.0	17.7