



# WEEKLY MENU



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
Daily Western Special 西式特式		Turkish Roast Chicken 土耳其烤鸡 Grilled Vegetables 烤时蔬 Pita Bread 口袋饼	Fried Chicken with Waffle 炸鸡配华夫饼 Sauteed Seasonal Vegetables 混合时蔬	Grilled Beef Hot Dogs with Sauerkraut 德式酸菜牛肉热狗 French Fries 薯条 Mixed Vegetables 混合时蔬 Ketchup/Mustard 番茄沙司/黄芥末	BBQ Ribs 香橙烧烤酱猪里脊 Mixed Vegetables 混合时蔬 Pasta 意面
Daily Asian Special 亚式特式		Koren Baked Spareribs with Cheese 韩式芝士焗排骨 Kimbap 紫菜包饭	Chicken and Beef Combination with Rice 鸡肉牛肉双拼饭	Sichuan Smoked Duck 樟茶鸭 Stir-fried Bok Choy 清炒油菜 Steamed Rice 米饭	Vietnamese Food Festival 越南美食节 Vietnamese Lemongrass 越南香茅烤鸡 Blanched Vegetables 白灼蔬菜 Vietnamese Fried Rice 越南炒饭
Noodle Bar 面档		Braised Beef Noodle Soup 红烧牛肉面	Sichuan Dan Dan Noodle 担担面 (猪)	Japanese Pork Bone Ramen 日式豚骨拉面	Vietnamese Food Festival 越南美食节 Pho Beef 越南火车头牛肉粉

# WEEKLY MENU









STATION	MONDAY 5.4	TUESDAY 5.5	WEDNESDAY 5.6	THURSDAY 5.7	FRIDAY 5.8
Chinese Station -Set Menu 中式		 Braised Chicken Homemade-style 家烧鸡 Stir-fried Pak Choi 清炒奶白菜 Steamed Rice 米饭	Braised Duck Breast 酱鸭胸 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	Braised Pork with Potatoes 土豆红烧猪肉 Stir-fried Bok Choy 清炒油菜 Steamed Rice 米饭	Vietnamese Food Festival 越南美食节 Vietnamese Grilled Pork with Rice 越南烤猪肉饭 Blanched Vegetables 白灼蔬菜
Sandwich 三明治		Bacon & Egg Panini 培根鸡蛋帕尼尼	Ham & Mozzarella Cheese Sandwich 火腿芝士三明治	Tuna Panini 金枪鱼帕尼尼	 Meat Lover's Pizza (Chicken & Beef) 经典肉食爱好者披萨 (鸡肉、牛肉)
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)
812	47.1	88.8	31.0



















# WEEKLY MENU



STATION	MONDAY 5.11	TUESDAY 5.12	WEDNESDAY 5.13	THURSDAY 5.14	FRIDAY 5.15
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
Daily Western Special 西式特式	 Braised Beef Meatloaf 美式烘烤牛肉饼 Mushroom and Cauliflower 烤蘑菇和花菜 Roasted Potato 烤土豆	BBQ Ribs 美式烧烤猪大排 Caribbean Vegetable Stew 加勒比慢煮炖菜 Bread 面包	 Beef Cheeseburger 牛肉芝士汉堡 Pickles/Tomato/Cheese 酸黄瓜/番茄/芝士 Roasted Potato Wedges 烤薯角	 Roasted Chicken with Rosemary 迷迭香烤春鸡 Mixed Vegetables 混合时蔬 Garlic Bread 蒜香面包	 Beef Lasagna 牛肉千层面 Sautéed Vegetables 黄油时蔬
Daily Asian Special 亚式特式	 Korean Fried Chicken with Sweet & Spicy Sauce 韩式炸鸡配甜辣酱 Korean Rice Cake 韩式炒年糕 Kimchi 泡菜	 Japanese Beef Sukiyaki 日式肥牛寿喜锅 Steamed Rice 米饭	 Indian Chicken Biryani 印度鸡肉香饭 Sautéed Spinach 炒菠菜	Korean Style Roast Pork Belly with Rice 韩式五花肉拌饭	Hot-Spicy Pot 麻辣香锅 Cabbages in Soy Sauce 豉油包菜 Steamed Rice 米饭
Noodle Bar 面档	Braised Pork Noodle 岐山臊子面 (猪)	 Noodles with Mushrooms & Chicken 香菇鸡肉面	Shaanxi Biang Biang Noodle (Pork) 陕西Biangbiang面(猪)	 Beef Noodle Soup 牛肉板面	 Tom Yum Seafood Vermicelli 冬阴功海鲜粉

# WEEKLY MENU



STATION	MONDAY 5.11	TUESDAY 5.12	WEDNESDAY 5.13	THURSDAY 5.14	FRIDAY 5.15
Chinese Station 中式	Stir-fried Pork with Green Peas and Corn 青豆玉米炒猪肉 Sautéed Zucchini with Egg and Black Fungus 莴笋木耳炒蛋 Steamed Rice 米饭  	Braised Fish and Tofu 鱼肉烧豆腐 Sautéed Cabbage 清炒快菜 Steamed Rice 米饭  	 Shanghai Style Braised Chicken 上海白斩鸡 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 	 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 
Sandwich 三明治	 Pesto Chicken Sandwich 青酱鸡肉三明治 	Lyonnaise Sausage Panini 里昂那香肠帕尼尼 	 Cajun Chicken Panini 卡真烤鸡肉帕尼尼 	Basil, Salami & Cheese Pizza (Pork) 罗勒萨拉米芝士披萨(猪)  	 Black Pepper Beef Panini 黑椒牛肉帕尼尼 
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)
802	49.0	88.8	29.8

# WEEKLY MENU



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
Daily Western Special 西式特式	German Sausage Platter 德国香肠拼盘 Baked Potato Mash with Cheese 芝士焗土豆泥 Mixed Vegetables 混合时蔬	 Mexican Chicken Wrap 墨西哥鸡肉卷 Tomato Salsa 番茄莎莎 Guacamole 牛油果酱 Nachos 玉米片	English Fish Chips with Tartar Sauce 英式炸鱼薯条配塔塔汁 Mixed Vegetables 黄油时蔬	 Roasted Chicken Power Bowl 香草烤鸡能量碗	French Apple Braised Pork 法式苹果炖猪排 Arugula Spaghetti 芝麻菜意面 Stir-fried Mixed Vegetables 炒杂菜
Daily Asian Special 亚式特式	Braised Duck Leg Rice 沙县鸭腿饭	 Braised Beef with Sichuan Pepper 鲜藤椒雪花牛肉 Stir-fried Cabbage 清炒杭白菜 Steamed Rice 米饭	 Sauteed Chicken with Chili Pepper 辣子鸡 Mapo Tofu 麻婆豆腐 Steamed Rice 米饭	 Teriyaki Beef Rice with Enoki Mushroom 照烧金针菇肥牛饭	Hong Kong Food Promotion 香港美食节 Hong Kong Style Curry Fish Balls 港式咖喱鱼蛋 Sesame Spinach 芝麻菠菜 Steamed Rice 米饭
Noodle Bar 面档	 Cantonese Fried Rice Noodle with Beef 广式干炒牛河	Chongqing Noodle (Pork) 重庆小面 (猪)	 Beef Rice Noodle in Sour Broth 贵州酸汤肥牛粉	Tommy Powder Wedded Pork 金针菇肉丝汤米粉	 Hong Kong Style Beef Noodles 港式牛肉面

# WEEKLY MENU




































STATION	MONDAY 5.18	TUESDAY 5.19	WEDNESDAY 5.20	THURSDAY 5.21	FRIDAY 5.22
Chinese Station 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	Braised Fish with Soybean Sauce 酱焖鱼 Sautéed Cabbage with Tofu 小白菜豆腐 Steamed Rice 米饭	 Sauteed Beef with Soya Sauce 豉汁牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	Braised Pork Balls 红烧猪肉丸子 Braised Cabbage with Bean Curd 千张烧白菜 Steamed Rice 米饭	 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 
Sandwich 三明治	 Texas Roast Beef and Cheese Panini 德克萨斯牛肉奶酪帕尼尼	American Pulled Pork Panini 美式手撕猪肉帕尼尼	BLT Sandwich 培根生菜番茄三明治	Tuna Panini 金枪鱼帕尼尼	 Black Pepper Beef Panini 黑椒牛肉帕尼尼
Salad Bar 沙拉吧	4 Kinds of Vegetable 4款鲜蔬      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)
814	47.0	91.5	29.0







# WEEKLY MENU



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 Sauce Soup 大酱汤	Traditional Pear Soup 小吊梨汤
Daily Western Special 西式特式	 Orleans Roast Chicken 奥尔良烤鸡 Sauteed Vegetables 黄油时蔬 Pasta 意面 	 Beef Lasagna 牛肉千层面 Sauteed Vegetables 黄油时蔬 	Pork Chop & Bacon Cheeseburger 猪排培根双层芝士汉堡 Pickles/Tomato/Cheese 酸黄瓜/番茄/芝士 Roasted Potato Wedges 烤薯角 	French-style Cured Duck Leg 法式油封鸭腿 Roasted Cauliflower with Olive Oil 橄榄油烤花菜 Roasted Potato 香烤土豆  	 American Buffalo Chicken Wings 美式水牛城辣翅 Vegetable Sticks 蔬菜条 French Fries 薯条 
Daily Asian Special 亚式特式	 Wanzhou Roasted Fish 重庆万州烤鱼 Stir-fried Cabbage 炆炒包菜 Steamed Rice 米饭 	 Thai Lemongrass Grilled Chicken 泰式烤鸡肉 Sautéed Choi Sum 清炒菜心 Thai Pineapple Curry Fried Rice 泰式菠萝咖喱炒饭  	 Japanese Style Scrambled Egg with Beef 日式滑蛋牛肉 Stir-fried Broccoli With Carrot 西蓝花胡萝卜 Japanese Flavor Sesame & Seaweed Rice 日式芝麻海苔饭 	 Hong Kong-style Barbecued Pork 港式蜜汁叉烧猪肉 Sautéed Cabbage 清炒快菜 Yangzhou Fried Rice 扬州炒饭  	 Sliced Fish in Hot Chili Oil 水煮鱼 Shredded Potato with Green Pepper 尖椒土豆丝 Steamed Rice 米饭 
Noodle Bar 面档	 Kake Udon (Chicken Skewers) 日式清汤乌冬面 (鸡肉串)  	 Xin Jiang Braised Chicken Noodle 新疆大盘鸡 拉条子 	Hunan Rice Noodle Soup with Pork 湖南汤米粉(猪) 	 Braised Beef Noodle Soup 红烧牛肉面 	 Sichuan Cold Noodles with Shredded Chicken 四川鸡丝凉面  

# WEEKLY MENU



STATION	MONDAY 5.25	TUESDAY 5.26	WEDNESDAY 5.27	THURSDAY 5.28	FRIDAY 5.29
Chinese Station 中式	Yu-Shiang Shredded Pork 鱼香肉丝 (猪) Braised Cabbage with Bean Curd 千张烧白菜 Steamed Rice 米饭	 Sweet Sour Chicken 糖醋鸡柳 Poached Bok Choy 白灼油菜 Steamed Rice 米饭	 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 Pork with Egg 肉末蒸蛋 (猪) Sauteed Zucchini 清炒西葫芦 Steamed Rice 米饭	 Diced Chicken with Green Peppers 青椒炒鸡丁 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭
Sandwich 三明治	Tuna Panini  金枪鱼帕尼尼	Lyonnais Sausage Panini 里昂那香肠帕尼尼	Bacon & Egg Panini 培根鸡蛋帕尼尼	 Kimchi Barbecue Chicken Pizza 泡菜烤鸡肉披萨	 Pesto Chicken Sandwich 青酱鸡肉三明治
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)
822	47.1	89.5	30.7