

WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



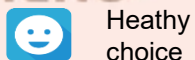
Halal

STATION	MONDAY 6.1	TUESDAY 6.2	WEDNESDAY 6.3	THURSDAY 6.4	FRIDAY 6.5
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	Mixed Vegetable Soup 印度杂菜汤 	Seaweed & Egg Soup 紫菜蛋花汤	Sweet & Sour Plum Soup 酸梅汤	Chinese Yam and Egg White Soup 芙蓉山药汤	Pear Tremella Soup 银耳雪梨汤
KGT Chinese 幼儿园中式	Sweet and Sour Pork 溜肉段 Poached Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	Braised Duck Breast in Sour Sauce 酸梅鸭胸 Sautéed Lettuce with Egg and Black Fungus 莴笋木耳炒鸡蛋 Steamed Rice 米饭 Hanamaki 自制燕麦馒头 	 Kung Pao Chicken 宫保鸡丁 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜 	 Sauteed Beef with Soya Sauce 豉汁牛肉 Wok-fried Cabbage With Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Steamed Corn 蒸玉米 	Shanxi Sauteed Pork 山西过油猪肉 Shanxi Stewed Mixed Vegetable 山西大烩菜 Steamed Rice 米饭 Steamed Sweet Potato 红蒸红薯
KGT Western 幼儿园西式	 Indian Butter Chicken 印度黄油鸡 	 Beef Pizza 牛肉披萨 	 Pasta Fish 鱼肉番茄意面 	 Tuna Panini 金枪鱼帕尼尼 	 Curry Beef 咖喱牛肉

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)
444	27.9	56.5	12.6

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STATION	MONDAY 6.8	TUESDAY 6.9	WEDNESDAY 6.10	THURSDAY 6.11	FRIDAY 6.12
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 Paste Stew 大酱汤	Green Bean Soup 绿豆汤	Minced Beef & Tofu Soup 西湖牛肉羹	Seaweed & Egg Soup 紫菜蛋花汤	Coconut Chicken Soup 椰子鸡汤
KGT Chinese 幼儿园中式	Braised Pork with Taro 芋头红烧肉 Sautéed Zucchini 清炒小瓜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Teriyaki Chicken 照烧鸡 Sautéed Cabbage 清炒圆白菜 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	Steamed Fish in Soya Sauce 清蒸鱼 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Braised Beef with Bean Puff 豆泡烧牛肉 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭	Hainan Food Festival 海南美食节 Wenchang Chicken 文昌鸡 Blanched Greens 白灼青菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜
KGT Western 幼儿园西式	Fried Chicken 炸鸡	Swedish Beef Meatball 瑞典风味牛肉丸 Mashed Potato 奶香土豆泥	Beef Lasagna 牛肉千层面	Indian Curry Chicken 印度咖喱鸡 Naan 印度烤饼	Cheese & Tomato Fish 芝士番茄焗鱼肉

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)
451	32.1	43.3	1.8

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STATION	MONDAY 6.15	TUESDAY 6.16	WEDNESDAY 6.17	THURSDAY 6.18	FRIDAY 6.19
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	Jujube and Tremella Soup 红枣银耳汤	Tomato & Egg Soup 番茄蛋花汤	Sweet & Sour Plum Soup 酸梅汤	Green Bean Soup 绿豆汤	
KGT Chinese 幼儿园中式	Stir-fried Pork with Garlic Sprouts and Fungus 蒜苗木耳炒肉片 Sautéed Cabbage with Tofu 杭白菜豆腐 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	 Sweet & Sour Fish 糖醋鱼 Wok-Fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Hanamaki 自制双色花卷 	 Braised Beef with Turnip 萝卜牛腩 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Red Bean Paste Zongzi 豆沙粽子 	Yu-Shiang Shredded Pork 鱼香肉丝 Braised Cabbage with Bean Curd 千张烧杭白菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	
KGT Western 幼儿园西式	 Pesto Chicken Sandwich 青酱鸡肉三明治 	 Beef Salami Pizza 牛肉萨拉米披萨 	Roast Duck with Mushroom Sauce 烤鸭胸配蘑菇汁 	 Orleans Chicken Burger 奥尔良鸡腿堡 	

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)
432	24.9	56.8	12.6