

WEEKLY MENU



Heathy
choice



OK most of
the time



Enjoy it once
in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 8.17	TUESDAY 8.18	WEDNESDAY 8.19	THURSDAY 8.20	FRIDAY 8.21
Soup 汤	Stewed Chicken Soup with Agrocybe Mushroom 茶树菇老鸡汤  	Pumpkin Cream Soup 奶油南瓜汤	Duck Soup with Pearl Barley and Mushroom 虫草花薏米老鸭汤 	Traditional Pear Soup 小吊梨汤	Beef Meatballs, Vegetable & Tofu Soup 牛肉丸子蔬菜豆腐汤
G1-G5 Western Set Menu A G1-G5 西式套餐A	Garlic Butter Chicken Thighs 蒜香黄油鸡腿肉 Broccoli with Butter 黄油西兰花 Cajun Potato 卡真土豆   	Pork Wiener Schnitzel 维也纳炸猪排 Baked Mashed Potatoes with Cheese 芝士焗土豆泥 French Rustic Braised Vegetables 法式乡村烩杂蔬  	Chicken Tikka Masala 印度玛莎拉咖喱鸡肉 Stewed Chickpeas with Seasonal Vegetables 时蔬煮鹰嘴豆 Naan 印度烤饼  	Baked Rice with Cheese and Chicken Sauce 芝士鸡肉酱焗饭 Buttered Seasonal Vegetables 黄油时蔬   	Roasted Pork with Plum Sauce 烤猪肉配梅子酱 Sauteed Broccoli with Cauliflower 双色菜花 Roasted Potato 香烤小土豆 
G1-G5 Chinese Set Menu B G1-G5 中式套餐B	Braised Dongpo Pork 东坡肉(猪) Poached Spinach 白灼菠菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯  	Diced Chicken with Corn & Carrot 三色鸡丁 Stir-fried Potato 炒土豆丝 Steamed Rice 米饭 Steamed Corn 蒸玉米   	Steamed Fish with Soya Sauce 豉油清蒸鱼  Stir-Fried Bean Curd with Spinach 菠菜炒豆皮 Steamed Rice 米饭 Pumpkin Bun 南瓜馒头   	Stir-Fried Beef with Tea Tree Mushroom 茶树菇炒牛肉 Sautéed Zucchini 小炒节瓜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯  	Xinjiang Food Festival 新疆美食节 Xinjiang Mutton Pilaf 新疆羊肉手抓饭 Sautéed Cabbage 清炒包菜 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)
644	32.5	76.0	20.9

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STATION	MONDAY 8.17	TUESDAY 8.18	WEDNESDAY 8.19	THURSDAY 8.20	FRIDAY 8.21
G1-G5 Sandwich Station G1-G5 三明治档口	Beef & Cheese Ciabatta Sandwich 牛肉奶酪恰巴塔三明治   	Moroccan-Style Pizza with Chicken Thigh & Potatoes 摩洛哥风情浓溢鸡腿肉 土豆披萨   	American-Style Pulled Pork Panini 美式手撕猪肉帕尼尼 	Chicken & Cheese Ciabatta Sandwich 鸡肉奶酪恰巴塔三明治   	Xinjiang Food Festival 新疆美食节 Cumin & Sesame Naan 孜然芝麻烤馕   
G1-G5 Noodle Station G1-G5 面档	Steamed Rice Noodles with Pickled Mustard & Shredded Pork 榨菜肉丝汤米粉 (猪) Garlic Bok Choi 蒜蓉上海青  	Curry Rice Noodles with Fish Balls  咖喱鱼丸米粉 Blanched Vegetables 白灼时蔬   	Noodle with Tomato & Beef 番茄牛肉面 Blanched Vegetables 白灼蔬菜  	Noodles topped with Three-Cup Braised Duck 三杯鸭盖浇面 Blanched Vegetables 白灼蔬菜  	Xinjiang Food Festival 新疆美食节 Xinjiang Braised Chicken with Noodles 大盘鸡配拉条子 Blanched Vegetables 白灼蔬菜   
Beverage 饮品	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)
360	18.0	45.0	12.0

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STATION	MONDAY 8.24	TUESDAY 8.25	WEDNESDAY 8.26	THURSDAY 8.27	FRIDAY 8.28
Soup 汤	Egg & Corn Soup 鸡茸粟米羹	Minced Beef Broth 西湖牛肉羹	Radish & Vermicelli Soup 萝卜粉丝汤	Cream of Mushroom Soup 奶油蘑菇汤	Soup with Red Date and Chinese Yam 红枣淮山鸡肉汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Turmeric Coconut Fish 姜黄椰子鱼 Sauteed Broccoli 清炒西兰花 Garlic Bread 蒜香面包   	Orleans Chicken Burger 奥尔良鸡腿堡 French Fries 薯条 Buttered Seasonal Vegetables 黄油时蔬 	Bacon with Mushroom Risotto 意式培根蘑菇烩饭 Red Kidney Beans with Celery 西芹红腰豆  	Tomato Cheese Beef Meatballs 番茄奶酪牛肉丸 Spinach Stewed with Chickpeas 菠菜炖鹰嘴豆 Soft Roll 软面包   	Columbus-Style Fried Chicken Cutlet 哥伦布炸鸡排 Mixed Vegetables 混合什蔬 Mashed Potatoes 土豆泥  
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Shanghai-Style Braised Pork Meatball 本帮红烧狮子头 Braised Baby Bok Choy in Broth 上汤娃娃菜 Steamed Rice 米饭 Steamed Corn 蒸玉米  	Slow-Braised Beef Brisket 慢火烧牛腩 Silk Gourd with Egg Tofu 丝瓜玉子豆腐 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯    	Black Pepper Beef with Pineapple 菠萝黑椒牛肉粒 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕 	Hakka-Style Salt-Baked Chicken 客家盐焗鸡 Garlic Bok Choy 蒜蓉上海青 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯    	Stir-Fried Shrimp 清炒虾仁 Sauteed Shredded Potato 香炒土豆丝 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)
650	36.7	80.8	21.4

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STATION	MONDAY 8.24	TUESDAY 8.25	WEDNESDAY 8.26	THURSDAY 8.27	FRIDAY 8.28
G1-G5 Sandwich Station G1-G5三明治档口	Philly Beef and Cheese Bagel Sandwich 芝士牛肉贝果三明治 	Tuna Panini  金枪鱼帕尼尼 	Ham & Mozzarella Cheese Panini 火腿芝士帕尼尼 	Salami Pizza 萨拉米披萨 (猪) 	Whole-Wheat Beef Sandwich 牛肉全麦三明治 
G1-G5 Noodle Station G1-G5面档	Stir-Fried Noodles with Chicken 鸡丝炒面 Green Vegetables 白灼蔬菜 	Sweet Potato Noodles with Eggplant & Meat Sauce (Pork) 茄子肉酱红薯粉 (猪) Green Vegetables 白灼蔬菜  	Noodles with Plant-Based Meat and Soybean Paste 素炸酱面 Green Vegetables 白灼蔬菜 	Udon Noodles with Braised Beef Brisket 红烧牛腩乌冬面 Green Vegetables 白灼蔬菜   	Sliced Noodles with Chicken and Egg 鸡肉卤蛋刀削面 Green Vegetables 白灼蔬菜  
Beverage 饮品	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)
368	19.0	46.0	12.0

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STATION	MONDAY 8.31	TUESDAY 9.1	WEDNESDAY 9.2	THURSDAY 9.3	FRIDAY 9.4
Soup 汤	Beef and Radish Soup 萝卜牛肉汤	Cauliflower Creamy Soup 奶油花菜汤	Cucumber & Egg Soup 黄瓜鸡蛋汤	Red Date & Tremella Soup 红枣银耳汤	Sweet& Sour Plum Soup 酸梅汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Crispy Breaded Fish Fillet with Ketchup 吉列鱼排配番茄汁 Gratin Cauliflower with Bell Pepper 黄油花菜配彩椒 Roasted Potato 香烤土豆 	Ecuadorian-Style Chicken Stew 厄瓜多尔炖鸡肉 Mixed Vegetable 混合什蔬 Garlic Bread 蒜香面包 	Beef Tenderloin with Czech Cream Sauce 捷克奶油汁牛里脊片 Sauteed Vegetable 黄油时蔬 Mashed Potato 奶香土豆泥 	Roast Duck with Black Pepper Sauce 黑椒烤鸭 Baked Chickpeas with Seasonal Vegetables 时蔬鹰嘴豆 Baked Baby Potato 烤小土豆 	Mexican-style Pork Burrito 墨西哥猪肉卷饼 Mixed Vegetables 混合什蔬
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Stir-Fried Beef with Cumin 孜然牛肉(不辣) Stir-fried Chinese Cabbage 小炒杭白菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	Steamed Meatloaf with Water Chestnuts 马蹄蒸肉饼(猪) Sauteed Cabbage 炆炒大白菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	Stir-Fried Crispy Pork Pieces 溜肉段(猪) Sauteed Rapeseed Greens 清炒油菜 Steamed Rice 米饭 Homemade Twisted Steamed Bun 自制双色花卷 	Braised Fish with Scallion 葱烧鱼 Luffa with Edamame 丝瓜毛豆 Steamed Rice 米饭 Steamed Corn 蒸玉米 	Steamed Tender Chicken with Mushrooms 蘑菇蒸滑鸡 Braised Eggplant 红烧茄子 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜

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G1-G5 Sandwich Station G1-G5三明治档口	Club Sandwich 经典俱乐部三明治 (猪)  	Beef Sandwich with Sauerkraut 酸椰菜牛肉三明治  	Uruguayan Chivito Sandwich 乌拉圭三明治 (猪)  	Salami Pizza 萨拉米披萨 (牛)  	Turkey Bagel 火鸡肉贝果三明治 
G1-G5 Noodle Station G1-G5面档	Wagyu Beef Meatball Soup Rice Noodles 牛肉丸汤粉 Green Vegetables 白灼蔬菜    	Tuna & Seaweed Rice Balls  金枪鱼海苔饭团 Green Vegetables 白灼蔬菜  	Noodles with Tomato & Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜  	Preserved Mustard Shredded Pork Noodles 雪菜猪肉丝面 Green Vegetables 白灼蔬菜    	Lamb Hui Noodles 羊肉烩面 Green Vegetables 白灼蔬菜 
Beverage 饮品	Milk/Yogurt 牛奶/酸奶				

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