

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
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	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
KGT Chinese 幼儿园中式	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 Agrocybe 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   
KGT Western 幼儿园西式	Garlic Butter Chicken Thighs 蒜香黄油鸡腿肉   	Pork Wiener Schnitzel 维也纳炸猪排  	Chicken Tikka Masala 印度玛莎拉咖喱鸡肉 Naan 印度烤饼  	Chicken & Cheese Ciabatta Sandwich 鸡肉奶酪恰巴塔三明治   	Xinjiang Braised Chicken with Noodles 大盘鸡配拉条子 

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)
455	33.1	43.3	13.8

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STATION	MONDAY 8.24	TUESDAY 8.25	WEDNESDAY 8.26	THURSDAY 8.27	FRIDAY 8.28
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	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
KGT Chinese 幼儿园中式	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 
KGT Western 幼儿园西式	Turmeric Coconut Fish 姜黄椰子鱼  	Orleans Chicken Burger 奥尔良鸡腿堡 	Ham & Mozzarella Cheese Panini 火腿芝士帕尼尼 	Tomato Cheese Beef Meatballs 番茄奶酪牛肉丸   	Columbus-Style Fried Chicken Cutlet 哥伦布炸鸡排  

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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STATION	MONDAY 8.31	TUESDAY 9.1	WEDNESDAY 9.2	THURSDAY 9.3	FRIDAY 9.4
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	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
KGT Chinese 幼儿园中式	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
KGT Western 幼儿园西式	Crispy Breaded Fish Fillet with Ketchup 吉列鱼排配番茄汁	Ecuadorian-Style Chicken Stew 厄瓜多尔炖鸡肉	Beef Tenderloin with Czech Cream Sauce 捷克奶油汁牛里脊片	Salami Pizza 萨拉米披萨(牛)	Mexican-style Pork Burrito 墨西哥猪肉卷饼

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