

WEEKLY MENU



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
Daily Western Special 西式特式	Cheese Baked Chicken Chop 芝士焗鸡扒 Cajun Potato Wedges 卡真薯角 Stir-fried Cabbage 清炒双色甘蓝  	Brazilian Feijoada 巴西黑豆饭 (猪) Stir-fried Mixed Vegetables 炒杂菜 	Baked Fish Flet with Cheese and Spinach 芝士菠菜焗鱼柳  Arugula Spaghetti 芝麻菜意面  	Wellington Steak 惠灵顿牛排 Buttered Broccoli and Carrot 黄油西兰花胡萝卜 Mashed Potato 土豆泥 	Shawarma Roasted Chicken 沙尔马烤鸡肉 Carrot, Turnip, Colored Pepper and Celery 什锦蔬菜 Fried Rice with Turkish Tomato Sauce 土耳其番茄酱炒饭 
Daily Asian Special 亚式特式	Grilled Fish Fillet with Sambal Sauce 参巴酱烤鱼柳  Stir-fried Choy Sum 小炒菜心 Steamed Rice 米饭 	Roasted Chicken in Pattaya Style 芭提雅烤鸡 Fried Rice Noodle with Pork in Thai Style 泰式炒干河粉 Thai-Style Eggplant 泰式茄子  	Thai-Style Lemongrass Pork Ribs 泰式香茅排骨 Thai-Style Pineapple Fried Rice 泰式菠萝炒饭 	Braised Chicken Wings with Cola 可乐鸡翅 Garlic Baby Bok Choy with Vermicelli 蒜蓉粉丝娃娃菜 Steamed Rice 米饭  	Xinjiang Food Festival 新疆美食节 Roasted Mutton with Naan 馕包羊肉 Xinjiang Mixed Vegetable Salad 新疆大拌菜  
Noodle Bar 面档	Guizhou Tomato Sour Soup Noodles 贵州番茄酸汤面 (牛) 	Braised-Sauce Duck Rice Noodles 酱香鸭肉米粉 	Beef Brisket with Tomato Noodle Soup 番茄牛腩面 	Shanxi Stewed Pork Noodles 山西小炖肉刀削面 (猪) 	Xinjiang Braised Chicken with Noodles 大盘鸡配拉条子 

WEEKLY MENU



STATION	MONDAY 8.17	TUESDAY 8.18	WEDNESDAY 8.19	THURSDAY 8.20	FRIDAY 8.21
Chinese Station -Set Menu 中式	Braised Dongpo Pork 东坡肉（猪） Poached Spinach 白灼菠菜 Steamed Rice 米饭	Diced Chicken with Corn & Carrot 三色鸡丁 Stir-fried Potato 炒土豆丝 Steamed Rice 米饭	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	Stir-Fried Beef with Tea Tree Mushroom 茶树菇炒牛肉 Sautéed Zucchini 小炒节瓜 Steamed Rice 米饭	Braised Fish in Brown Sauce 红烧鱼块 Sautéed Cabbage 清炒包菜 Steamed Rice 米饭
Sandwich 三明治	Chicken Cutlet & Fried Egg Ciabatta Sandwich 鸡排煎蛋恰巴塔三明治	Kimchi Barbecue Pizza 泡菜烤牛肉披萨	Black Pepper Beef Panini 黑椒牛肉帕尼尼	Bacon & Egg Panini 培根鸡蛋帕尼尼	Chicken and Pineapple Mozzarella Pizza 奥尔良鸡肉菠萝马祖里拉芝士 披萨
Salad Bar 沙拉吧	4 Kinds of Vegetable 4款鲜蔬				
Nutritional 营养搭配	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				
	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 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
Daily Western Special 西式特式	Roasted Beef with Black Pepper and Mushroom Sauce, Potato Wedge, Vegetable 烤牛柳配黑椒蘑菇汁 土豆角、西兰花、胡萝卜 	Sicilian Cheese Baked Chicken 西西里奶酪焗鸡扒 Sauteed Broccoli with Cauliflower 双色菜花 Roasted Baby Potato 香烤小土豆  	Grilled Pork Steak with Egg and Parmesan Cheese and Mustard Sauce 菲吉塔猪扒配煎蛋佐帕玛森芝士和蜂蜜芥末酱 Seasonal Vegetable 时令蔬菜 Mashed Potato with Gravy 烧汁土豆泥 	Baked Beef Meatball with Mushroom Gravy 意式香草牛肉丸配蘑菇肉汁 Buttered Broccoli and Carrot 黄油西兰花葫芦卜 Garlic Bread 蒜香面包 	Flame Italian-style Milan Salmon Steak 意式米兰三文鱼排  Okra and Bell Pepper Strips 秋葵彩椒条 Farfalle in Tomato Sauce 番茄汁蝴蝶面  
Daily Asian Special 亚式特式	Fried Pork with Japanese Wasabi Sauce 青芥沙拉汁日式炸猪排 Vegetable Sushi 日式蔬菜寿司 Pickled Cabbage 日式泡菜	Japanese-Style Beef with Scrambled Egg 日式滑蛋牛肉 Stir-Fried Broccoli with Carrot 清炒菜花配胡萝卜 Japanese-Style Rice with Sesame & Nori 日式芝麻海苔饭	Dry Fried Prawns in Tomato Sauce 茄汁干烧大明虾  Sauteed Cabbage in Black Bean Sauce 豆豉汁炒包菜 Steamed Rice 米饭  	Steamed Pork Ribs in Black Bean Sauce 豉汁蒸排骨 Braised Bok Choy 小炒上海青 Steamed Rice 米饭	Vietnamese-Style Slow- Roasted Drumstick 越式慢烤鸡腿 Seasonal Vegetable 时令蔬菜 Vietnamese-Style Fried Rice 越式金不换炒饭
Noodle Bar 面档	Udon in Mushroom Bisque (Chicken) 菌菇浓汤乌冬面 (鸡) 	Rice Noodles with Pickled Mustard & Shredded Pork 榨菜肉丝汤米粉 (猪)	Noodles topped with Three-Cup Braised Duck 三杯鸭盖浇面	Hot Oil Noodles (Chicken) 油泼面 (鸡) 	Sweet Potato Noodles with Sautéed Shredded Pork & Pickled Mustard Greens 酸菜肉丝红薯粉 (猪) 

WEEKLY MENU



STATION	MONDAY 8.24	TUESDAY 8.25	WEDNESDAY 8.26	THURSDAY 8.27	FRIDAY 8.28
Chinese Station -Set Menu 中式	Braised Duck in Sichuan Sauce 黄焖鸭 Braised Baby Bok Choy in Broth 上汤娃娃菜 Steamed Rice 米饭 	Slow-Braised Beef Brisket 慢火烧牛腩 Silk Gourd with Egg Tofu 丝瓜玉子豆腐 Steamed Rice 米饭	Black Pepper Beef with Pineapple 菠萝黑椒牛肉粒 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭  	Hakka-Style Salt-Baked Chicken 客家盐焗鸡 Garlic Bok Choy 蒜蓉上海青 Steamed Rice 米饭	Braised Chicken in Brown Sauce 红烧鸡块 Sauteed Shredded Potato 香炒土豆丝 Steamed Rice 米饭
Sandwich 三明治	Beef & Bacon Mozzarella Pizza 牛肉培根马祖里芝士披萨 	Texas Roast Beef & Cheese Panini 德克萨斯牛肉奶酪帕尼尼	Chicken Panini 鸡肉帕尼尼	Italian Sausage Baguette Pizza 意式香肠法棍披萨 (猪) 	Roast Chicken Bagel Sandwich 烤鸡肉贝果三明治 
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)
794	47.0	88.8	29.8

WEEKLY MENU



Vegetarian



Seafood



Halal



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
Daily Western Special 西式特式	Indian Masala Grilled Fish 印度玛莎拉烤鱼 Curry Mixed Vegetables 咖喱杂菜 Curry Cumin Potatoes 咖喱孜然土豆 	Ivorian Roasted Chicken 科特迪瓦烤鸡 Mixed Vegetables 混合时蔬 Garlic Bread 蒜香面包 	Lemon & Garlic Basa Fish Fillet 柠檬蒜香巴沙鱼 Broccoli with Olive Oil 橄榄油西兰花 Spaghetti with Tomato Sauce 茄汁意粉 	French Herb Roasted Duck 法式香草烤鸭腿 Mixed Vegetables 混合时蔬 Baked Mashed Potato with Cheese 芝士焗土豆泥 	Beef Cheeseburger with Fried Egg 牛肉芝士煎蛋双层汉堡 Pickles/Tomato/Cheese 酸黄瓜/番茄/芝士 French Fries 薯条
Daily Asian Special 亚式特式	Steamed Chicken with Chopped Chili Sauce 剁椒蒸鸡腿 Sautéed Spinach 炒菠菜 Steamed Rice 米饭 	Steamed Pork Ribs with Rice Powder 粉蒸排骨 Poached Choy Sum 日灼菜心 Steamed Rice 米饭 	Sichuan Boiled Beef 水煮牛肉 Brown Braised Tofu 红烧豆腐 Steamed Rice 米饭 	Radish and Mutton Casserole 萝卜羊肉煲 Stir-fried Cabbage 炆炒包菜 Steamed Rice 米饭 	Japanese Smoked Eel with Rice 日式照烧鳗鱼饭配照烧汁 Sautéed Choy Sum 清炒菜心
Noodle Bar 面档	Jiangxi Rice Noodles with Sautéed Pork 江西猪肉米粉(猪) 	Noodle Soup with Sliced Lamb & Beijing Scallions 京葱羊肉卷汤面 	Noodles with Mushrooms & Chicken 香菇鸡肉面 	Stir-Fried Udon Noodles with Egg & Ham 鸡蛋火腿炒乌冬面(猪) 	Japanese Tonkotsu Ramen 日式豚骨拉面

WEEKLY MENU



STATION	MONDAY 8.31	TUESDAY 9.1	WEDNESDAY 9.2	THURSDAY 9.3	FRIDAY 9.4
Chinese Station -Set Menu 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 Meatloaf with Water Chestnuts 马蹄蒸肉饼(猪) Sauteed Cabbage 炆炒大白菜 Steamed Rice 米饭	Stir-Fried Crispy Pork Pieces 溜肉段(猪) Sauteed Rapeseed Greens 清炒油菜 Steamed Rice 米饭	Braised Fish with Scallion 葱烧鱼 Luffa with Edamame 丝瓜毛豆 Steamed Rice 米饭	Steamed Tender Chicken with Mushrooms 蘑菇蒸滑鸡 Braised Eggplant 红烧茄子 Steamed Rice 米饭
Sandwich 三明治	Teriyaki Chicken Panini 照烧鸡肉帕尼尼	Chicken Pesto Sandwich 青酱鸡肉三明治	Black Pepper Beef Pizzas 黑椒牛肉批萨	Chicken & Cheese Ciabatta Sandwich 鸡肉奶酪恰巴塔三明治	Whole-Wheat Beef Sandwich 牛肉全麦三明治
Salad Bar 沙拉吧	4 Kinds of Vegetable 4款鲜蔬				
Nutritional 营养搭配	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				
	Milk/Yogurt 牛奶/酸奶				

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