

WEEKLY MENU



Heathy
choice



OK most of
the time



Enjoy it once
in a while



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
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 Butter Cauliflower with Bell Peppers 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 Butter Seasonal 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) Sautéed Chinese Flat 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) Sautéed Baby Bok Choy 炆炒娃娃菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	Stir-Fried Crispy Pork Pieces 溜肉段(猪) Sautéed 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 Loofah 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

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)
642	36.5	78.9	21.4

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STATION	MONDAY 8.31	TUESDAY 9.1	WEDNESDAY 9.2	THURSDAY 9.3	FRIDAY 9.4
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 + Fruit 牛奶/酸奶 + 水果				

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)
372	18.5	46.5	12.5

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STATION	MONDAY 9.7	TUESDAY 9.8	WEDNESDAY 9.9	THURSDAY 9.10	FRIDAY 9.11
Soup 汤	Stewed Chicken Soup with Agrocybe Mushroom 茶树菇炖老鸡汤	Creamy Potato & White Bean Soup 土豆奶油白豆汤	Mixed Mushroom & Tofu Soup 杂菌豆腐羹	Traditional Pear Soup 小吊梨汤	New England Clam Chowder 新英格兰蛤蜊浓汤
G1-G5 Western Set Menu A G1-G5西式套餐A	American Roasted Chicken Breast with Gravy 美式酱汁烤鸡胸 Butter Vegetables 黄油时蔬 Garlic Bread 蒜香面包 	BBQ Chicken Chop 烤鸡扒 Stir-fried Carrots with Baby Corn 玉米笋炒胡萝卜 Roasted Potato with Garlic & Rosemary 迷迭香烤土豆 	Beef Rendang 仁当牛肉 Grilled Zucchini 烤西葫芦 Homemade Soft Roll 自制小餐包  	Fried Italian-style Milan Fish Slices 意式米兰炸鱼条  Eggplant and Bell Pepper Strips 意式茄子彩椒条 Herb Baby Potato 香草小土豆 	USA Food Festival 美国美食节 Beef Hot Dog 牛肉热狗 French Fries 薯条 Mixed Vegetable 混合什蔬  
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Stir-fried Chinese Zucchini and Pork 翠玉瓜炒猪肉 Sautéed Baby Bok Choy 炒娃娃菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯  	Sautéed Beef with Scallion 葱爆牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Homemade Twisted Roll 自制花卷 	Stir-Fried Shrimp with Cucumber & Corn 青瓜玉米炒虾仁  Sautéed Shredded Potato in Vinegar 醋溜土豆丝 Steamed Rice 米饭 Steamed Corn 蒸玉米  	Steamed Chicken with Mixed Mushroom 菌菇蒸鸡 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜  	Braised Pork with Bamboo 雷笋红烧肉 Sautéed Green Cabbage 清炒包菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 

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)
608	32.3	80.5	18.5

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STATION	MONDAY 9.7	TUESDAY 9.8	WEDNESDAY 9.9	THURSDAY 9.10	FRIDAY 9.11
G1-G5 Sandwich Station G1-G5三明治档 □	Tuna Panini 金枪鱼帕尼尼    	Salami Pizza (Pork) 猪肉萨拉米披萨   	Chicken Panini 鸡肉帕尼尼  	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼   	USA Food Festival 美国美食节 Chicago Deep Dish Pizza (Pork) 芝加哥披萨(猪) 
G1-G5 Noodle Station G1-G5面档	Pork Rice Noodle with Mushroom 香菇猪肉汤粉 Green Vegetables 白灼蔬菜  	Japanese Nori Chicken Rice 日式海苔鸡肉饭 Japanese Flavored Mushrooms 日式风味蘑菇  	Sautéed Diagonal Pasta with Italian Sausage & Vegetables 意式香肠蔬菜炒斜切面  	Beijing Noodle with Tomato Egg Sauce 老北京番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜   	USA Food Festival 美国美食节 Mac and Cheese 芝士通心粉 Mixed Vegetables (Corn, Green Peas & Carrots) 混合杂蔬 
Beverage 饮品	Milk/Yogurt + Fruit 牛奶/酸奶 + 水果				

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)
396	18.3	49.7	13.8

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STATION	MONDAY 9.14	TUESDAY 9.15	WEDNESDAY 9.16	THURSDAY 9.17	FRIDAY 9.18
Soup 汤	Fried Egg and Loofah Vermicelli Soup 煎蛋丝瓜粉丝汤	Cream of Cauliflower Soup 奶油白菜花汤	Pumpkin Congee 南瓜粥	Tomato & Basil Soup 番茄罗勒汤	Tomato & Egg Soup 番茄蛋汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Chicken Cutlet 吉列炸鸡扒 Poached Broccoli 白灼西兰花 Mashed Potato with Beef Sauce 芝士焗土豆泥配牛肉汁  	Orange-glazed Grilled Duck Breast 香橙烤鸭胸 Boiled Broccoli in Salt 盐水煮西兰花 Baked Mini Potato with Herb 焗荷兰迷你土豆  	Curry Chicken 印度咖喱鸡 Mixed Vegetable 混合什蔬 Naan 印度烤饼  	Pan-Fried Fish Fillet with Tomato Sauce 意式煎鱼柳番茄汁  Mixed Vegetable 混合时蔬 Roasted Potato 香烤小土豆  	Boeuf Bourguignon 勃艮第炖牛肉 Grilled Vegetables 烤蔬菜 Homemade Soft Roll 自制小餐包  
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Green Peas with Beef 甜豌豆牛肉粒 Poached Milk Chinese Cabbage 白灼奶白菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜  	Sautéed Pork with Bell Pepper 彩椒猪肉丝 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭 Homemade Steamed Bun 自制馒头  	Braised Beef with Tomato 番茄牛腩 Sautéed Zucchini 清炒小瓜 Braised Rice with Beans 豆焖饭 Steamed Sweet Potato 蒸红薯  	Lemon Duck 柠檬鸭 Stir-fried Mushrooms with Loofah 丝瓜炒蘑菇 Steamed Rice 米饭 Steamed Corn 蒸玉米   	DongBei Food Festival 东北美食节 Sweet & Sour Crispy Chicken 锅包肉(鸡) Sautéed Baby Bok Choy with Tofu 白菜豆腐 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 

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)
657	36.7	85.8	20.4

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STATION	MONDAY 9.14	TUESDAY 9.15	WEDNESDAY 9.16	THURSDAY 9.17	FRIDAY 9.18
G1-G5 Sandwich Station G1-G5三明治档口	Creamy Mushroom and Spinach Panini 奶油蘑菇菠菜帕尼尼  	Salami Pizza 牛肉萨拉米披萨  	Crab Stick Sandwich 蟹柳三明治   	Popcorn Chicken Pizza 爆香鸡米花披萨  	DongBei Food Festival 东北美食节 Northeast Glutinous Rice Bean Bun 东北粘豆包   
G1-G5 Noodle Station G1-G5面档	Beijing-style Braised Mince Pork Noodle 北京打卤面 (猪肉片、 黄花、木耳、冬笋、香 菇、鸡蛋、榛菇)  	Stir-fried Singapore Rice Noodles with Chicken 星洲鸡肉炒米粉 Sautéed Vegetables 白灼蔬菜  	Teriyaki Chicken Stir-fried Udon 日式照烧鸡肉炒乌冬 Sautéed Mixed Vegetables 清炒混合蔬菜  	Anhui Beef Noodles 安徽牛肉板面 Green Vegetables 白灼蔬菜    	DongBei Food Festival 东北美食节 Scrambled Egg Sauce Noodles 鸡蛋酱拌面 
Beverage 饮品	Milk/Yogurt+ Fruit 牛奶/酸奶+ 水果				

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)
388	15.2	50.3	14.0

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STATION	MONDAY 9.21	TUESDAY 9.22	WEDNESDAY 9.23	THURSDAY 9.24	FRIDAY 9.25
Soup 汤	Cordyceps Flowers & Chicken Soup 鲜虫草花煲老鸡汤	Seaweed & Egg Soup 紫菜蛋花汤	Turnip & Vermicelli Soup 萝卜粉丝汤	Coix Seed & Red Bean Soup 薏米红豆汤	
G1-G5 Western Set Menu A G1-G5西式套餐A	Orleans Chicken Burger 奥尔良鸡腿堡 French Fries 薯条 Sautéed Vegetable 黄油时蔬  	Beef Lasagna 牛肉千层面 Sautéed Cauliflower 黄油椰菜花   	Herb Roasted Chicken 香草烤鸡 Potato Pave 法式千层土豆 Stir-fried Cabbage 清炒双色甘蓝  	Thai Basil Stir-fried Minced Pork 泰式打抛猪肉 Mixed Vegetable 混合时蔬 Garlic Butter Baguette 蒜香牛油法棍 	
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Braised Beef with Enoki Mushrooms 金针菇牛肉 Sautéed Potato with Bell Peppers 青椒土豆丝 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯  	Sour Plum Roasted Duck 酸梅烤鸭 Stewed Tofu with Mixed Vegetables 杂蔬炖豆腐 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕   	Crab-flavored Fish 赛螃蟹鱼肉  Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯  	Mid-Autum Festival 中秋节 Braised Chicken Ball in Brown Sauce 红烧鸡肉狮子头 Sautéed Spinach 炒菠菜 Steamed Rice 米饭 Mooncake 月饼  	

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)
633	36.5	78.7	20.2

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STATION	MONDAY 9.21	TUESDAY 9.22	WEDNESDAY 9.23	THURSDAY 9.24	FRIDAY 9.25
G1-G5 Sandwich Station G1-G5三明治档口	Bacon & Egg Panini 培根鸡蛋帕尼尼  	Tuna Panini 金枪鱼帕尼尼  	Pizza Margherita 玛格丽特披萨 (素)  	Pesto Chicken Sandwich 青酱鸡肉三明治  	
G1-G5 Noodle Station G1-G5面档	Vietnamese Chicken Rice Noodle 越南鸡肉粉 Green Vegetables 白灼蔬菜  	Shanghai Soup Pork Bun 上海小笼包 (猪) Vegetable Bun 素菜包 Green Vegetables 白灼蔬菜  	Fusilli with Cherry Tomato, Olives & Beef 番茄橄榄牛肉螺旋意面 Green Vegetables 白灼蔬菜  	Mid-Autum Festival 中秋节 Shaanxi Lamb Sautéed Diced Noodles 陕西羊肉臊子面 Green Vegetables 白灼蔬菜  	
Beverage 饮品	Milk/Yogurt + Fruit 牛奶/酸奶+ 水果				

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)
384	18.5	48.5	13.0