

# WEEKLY MENU

| STATION                                | MONDAY<br>8.31                               | TUESDAY<br>9.1                                          | WEDNESDAY<br>9.2                                      | THURSDAY<br>9.3                                  | FRIDAY<br>9.4                                                        |
|----------------------------------------|----------------------------------------------|---------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------|----------------------------------------------------------------------|
| ES<br>Morning<br>Snack<br>小学<br>上午间点   | Sesame Bread<br>土耳其芝麻面包<br>Milk<br>牛奶        | Parmesan Ham<br>Bread<br>帕马森芝士火腿<br>面包<br>Apple<br>苹果   | Steamed Red Bean<br>豆沙包<br>Fruit Infused Water<br>果泡水 | Cranberry<br>Bread<br>蔓越莓面包<br>Pear<br>梨         | Green Bean Pastry<br>绿豆饼<br>Juice<br>果汁                              |
| ES<br>Afternoon<br>Snack<br>小学<br>下午间点 | Oatmeal Cookie<br>燕麦饼干<br>Lemon Water<br>柠檬水 | Carrot Cake<br>胡萝卜蛋糕<br>Sweet& Sour<br>Plum Soup<br>酸梅汤 | Yogurt Cake<br>酸奶蛋糕<br>Milk<br>牛奶                     | Hash Browns<br>炸薯饼<br>Fruit Infused Water<br>果泡水 | Toast with Jam<br>吐司果酱<br>Pear and Water<br>Chestnut Soup<br>冰糖雪梨马蹄水 |

## 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) |
|-----------------|----------------|---------------|-----------|
| 252             | 10.0           | 32.3          | 9.0       |

# WEEKLY MENU

| STATION                                | MONDAY<br>9.7                                               | TUESDAY<br>9.8                                           | WEDNESDAY<br>9.9                                                        | THURSDAY<br>9.10                        | FRIDAY<br>9.11                                                       |
|----------------------------------------|-------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------|----------------------------------------------------------------------|
| ES<br>Morning<br>Snack<br>小学<br>上午间点   | Butter Cake<br>黄油蛋糕<br>Milk<br>牛奶                           | Purple Sweet<br>Potato Bread<br>紫薯包<br>Pear<br>梨         | Milk-flavored Bean<br>Paste Roll<br>奶香豆沙卷<br>Fruit Infused Water<br>果泡水 | Banana Bread<br>香蕉包<br>Apple<br>苹果      | Steamed<br>Traditional Cake<br>原味蛋糕<br>Juice<br>果汁                   |
| ES<br>Afternoon<br>Snack<br>小学<br>下午间点 | Coconut Cracker<br>椰蓉饼干<br>Honey & Jujube<br>Water<br>蜂蜜红枣水 | Pumpkin Cake<br>南瓜蛋糕<br>Sweet & Sour<br>Plum Soup<br>酸梅汤 | Dorayaki<br>铜锣烧<br>Milk<br>牛奶                                           | Egg Tart<br>蛋挞<br>Mung Bean Soup<br>绿豆汤 | Mexican Bread<br>墨西哥面包<br>Pear and Water<br>Chestnut Soup<br>冰糖雪梨马蹄水 |

## 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) |
|-----------------|----------------|---------------|-----------|
| 244             | 9.6            | 35.3          | 7.2       |

# WEEKLY MENU

| STATION                                | MONDAY<br>9.14                                              | TUESDAY<br>9.15                                                       | WEDNESDAY<br>9.16                           | THURSDAY<br>9.17                                                               | FRIDAY<br>9.18                                                   |
|----------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------|
| ES<br>Morning<br>Snack<br>小学<br>上午间点   | Jam Cake<br>果酱蛋糕<br>Lemon Water<br>柠檬水                      | Beijing Jujube Cake<br>北京枣糕<br>Apple<br>苹果                            | Waffle<br>华夫饼<br>Fruit Infused Water<br>果泡水 | Cranberry<br>Butter Cake<br>蔓越莓黄油蛋糕<br>Pear<br>梨                               | Cheese Toast<br>乳酪吐司<br>Juice<br>果汁                              |
| ES<br>Afternoon<br>Snack<br>小学<br>下午间点 | Nori Bread<br>海苔面包<br>Hawthorn & Jujube<br>Water<br>蜂蜜山楂红枣水 | Cranberry Scone<br>蔓越莓司康饼<br>Red Bean and<br>Coix Seed Water<br>红豆薏米水 | Green Bean Pastry<br>绿豆饼<br>Milk<br>牛奶      | Salty Cheese<br>Crackers<br>咸味芝士饼干<br>Water Chestnut &<br>Honey Water<br>蜂蜜马蹄水 | Raisin Bread<br>葡萄干软包<br>Osmanthus and<br>Red Bean Soup<br>桂花红豆汤 |

## 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) |
|-----------------|----------------|---------------|-----------|
| 253             | 11.5           | 33.5          | 8.3       |

# WEEKLY MENU

| STATION                                | MONDAY<br>9.21                                                     | TUESDAY<br>9.22                                           | WEDNESDAY<br>9.23                                                  | THURSDAY<br>9.24                            | FRIDAY<br>9.25 |
|----------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------|----------------|
| ES<br>Morning<br>Snack<br>小学<br>上午间点   | Red Bean Pastry<br>红豆饼<br>Fruit Infused Water<br>果泡水               | Green Tea Cake<br>绿茶蛋糕<br>Pear<br>梨                       | Pineapple Bun<br>菠萝包<br>Passion Fruit and<br>Lemon Water<br>百香果柠檬水 | Moon Cake<br>月饼<br>Apple<br>苹果              |                |
| ES<br>Afternoon<br>Snack<br>小学<br>下午间点 | Chocolate Muffin<br>巧克力玛芬<br>Warm Lemon &<br>Honey Water<br>温柠檬蜂蜜水 | Coconut Bread<br>椰蓉面包<br>Sweet & Sour Plum<br>Soup<br>酸梅汤 | Salted Egg Yolk<br>Pastry<br>咸蛋黄一口酥<br>Milk<br>牛奶                  | Hash Brown<br>薯饼<br>Apple Pear Soup<br>苹果梨汤 |                |

## 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) |
|-----------------|----------------|---------------|-----------|
| 243             | 10.0           | 32.3          | 8.0       |