

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
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) 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
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

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)
478	32.1	54.0	16.0

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal

STATION	MONDAY 9.7	TUESDAY 9.8	WEDNESDAY 9.9	THURSDAY 9.10	FRIDAY 9.11
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
KGT Chinese 幼儿园中式	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
KGT Western 幼儿园西式	American Roasted Chicken Breast with Gravy 美式酱汁烤鸡胸	Salami Pizza (Pork) 猪肉萨拉米披萨	Beef Rendang 仁当牛肉	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼	Chicago Deep Dish Pizza (Beef) 芝加哥披萨(牛)

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)
451	32.1	43.3	13.8

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal

STATION	MONDAY 9.14	TUESDAY 9.15	WEDNESDAY 9.16	THURSDAY 9.17	FRIDAY 9.18
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	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
KGT Chinese 幼儿园中式	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  
KGT Western 幼儿园西式	Creamy Mushroom and Spinach Panini 奶油蘑菇菠菜 帕尼尼  	Orange-glazed Grilled Duck Breast 香橙烤鸭胸  	Curry Chicken 印度咖喱鸡 Naan 印度烤饼  	Beef and Cheese Sandwich 芝士牛肉三明治  	Boeuf Bourguignon 勃艮第炖牛肉  

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)
444	27.9	56.5	12.6

WEEKLY MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while



Vegetarian



Seafood



Halal

STATION	MONDAY 9.21	TUESDAY 9.22	WEDNESDAY 9.23	THURSDAY 9.24	FRIDAY 9.25
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	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	
KGT Chinese 幼儿园中式	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  	
KGT Western 幼儿园西式	Orleans Chicken Burger 奥尔良鸡腿堡  	Beef Lasagna 牛肉千层面  	Pesto Chicken Sandwich 青酱鸡肉三明治  	Thai Basil Stir-fried Minced Pork 泰式打抛猪肉 	

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)
432	24.9	56.8	12.6