

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 with Egg & Ham 鸡蛋火腿炒乌冬面(猪) 	Japanese Tonkotsu Ramen 日式豚骨拉面(猪) 

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) Sautéed Chinese Flat Cabbage 小炒杭白菜 Steamed Rice 米饭	Steamed Meatloaf with Water Chestnuts 马蹄蒸肉饼(猪) Sautéed Baby Bok Choy 炆炒娃娃菜 Steamed Rice 米饭	Stir-Fried Crispy Pork Pieces 溜肉段(猪) Sautéed Rapeseed Greens 清炒油菜 Steamed Rice 米饭	Braised Fish with Scallion 葱烧鱼 Loofah 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	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)
812	47.1	88.8	31.0

WEEKLY MENU



Vegetarian



Seafood



Halal



STATION	MONDAY 9.7	TUESDAY 9.8	WEDNESDAY 9.9	THURSDAY 9.10	FRIDAY 9.11
Soup 汤	Chicken with Mushroom Soup 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
Daily Western Special 西式特式	Beef Fajita 墨西哥法吉塔烤牛肉卷 Tomato Salsa 莎莎酱 Guacamole 牛油果酱 	Roasted Chicken with Rosemary 迷迭香烤春鸡 Mixed Vegetables 混合时蔬 Roasted Potato 烤土豆 	Garlic Butter Shrimp 法式蒜香奶油虾  Roasted Mushroom & Snow Peas 烤蘑菇配荷兰豆 Garlic Bread 蒜香面包 	Moroccan Lamb Tagine 摩洛哥炖羊肉 Sautéed Mixed Vegetable 混合时蔬 Couscous 古斯米 	USA Food Festival 美国美食节 Philly Cheesesteak Sandwich 费城芝士牛排三明治 French Fries 薯条 Coleslaw 卷心菜沙拉 
Daily Asian Special 亚式特式	Cantonese Pot Rice with Sausage & Cured Meat 腊味煲仔饭 (猪) Sautéed Cabbage 清炒快菜 	Teriyaki Beef Rice with Enoki Mushroom 照烧金针菇肥牛饭 	Thai Basil Stir-Fried Soft Minced Pork Rice 泰式打抛猪肉饭 	Malaysian Satay Pork 马来沙爹猪肉 Nyonya Mixed Vegetables 娘惹杂菜 Steamed Rice 米饭 	Hainanese Chicken Rice 海南鸡饭 
Noodle Bar 面档	Old Beijing Soybean Paste Noodles (Pork) 老北京炸酱面 (猪) 	Sour-Broth Pork Rice Noodles 酸汤猪肉米粉 	Spaghetti/Penne 意大利直面/斜切面 Bolognese 牛肉酱 Tomato Sauce 番茄酱 	Braised Chicken Noodles 红烧鸡腿面 	Shanxi Pork Sliced Noodles 山西猪肉刀削面 

WEEKLY MENU



STATION	MONDAY 9.7	TUESDAY 9.8	WEDNESDAY 9.9	THURSDAY 9.10	FRIDAY 9.11
Chinese Station 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	Sautéed Beef with Scallion 葱爆牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	Kung Pao Chicken 宫保鸡丁 Sautéed Shredded Potato in Vinegar 醋溜土豆丝 Steamed Rice 米饭	Steamed Chicken with Mixed Mushroom 菌菇蒸鸡 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭	Braised Pork with Bamboo 雷笋红烧肉 Sautéed Cabbage 清炒包菜 Steamed Rice 米饭
Sandwich 三明治	Turkish Pide (Beef Pizza) 土耳其船型牛肉披萨	Banh Mi Chicken Sandwich 越南法棍鸡肉三明治	Black Pepper Beef Panini 黑椒牛肉帕尼尼	Tuna Panini 金枪鱼帕尼尼	New York Slice Pizza 纽约薄底披萨(牛)
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)
794	47.0	88.8	29.8

WEEKLY MENU



Vegetarian



Seafood



Halal



STATION	MONDAY 9.14	TUESDAY 9.15	WEDNESDAY 9.16	THURSDAY 9.17	FRIDAY 9.18
Soup 汤	Fried Egg & 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
Daily Western Special 西式特式	Korean Wok-fried Chicken 韩国烤鸡 Korean Rice Cake 韩式年糕 Kimchi 泡菜	Beef & Quinoa Power Bowl 牛排藜麦能量碗	German Schnitzel with Hunter-Style Mushroom Sauce 德式炸猪排配猎人蘑菇酱 Roasted Seasonal Vegetables 烤蔬菜 Poached Potatoes 煮土豆	Fried Chicken with Waffle 炸鸡配华夫饼 Sautéed Seasonal Vegetable 混合时蔬	Deep-Fried Fish with Tartar Sauce 英式炸鱼配塔塔汁 French Fries 薯条 Vegetable 时蔬
Daily Asian Special 亚式特式	Sautéed Minced Pork with Mixed Chili 黑三剁猪肉 Stir-fried Tomato with Cabbage 番茄小白菜 Steamed Rice 米饭	Grilled Thai Basa Fish with Green Pepper 泰式烤鱼配青椒 Coconut Rice 椰浆饭	Eel Rice 鳗鱼饭 Sesame Spinach 芝麻菠菜	Korean Seafood Tofu Soup 韩式海鲜豆腐汤 Kimchi 泡菜 Steamed Rice 米饭	DongBei Food Festival 东北美食节 Braised Pork Ribs 东北玉米炖猪骨 Stir Fried Dried Tofu with Chili 尖椒干豆腐 Steamed Rice 米饭
Noodle Bar 面档	Shanghai Shrimp Noodles 上海虾仁葱油面	Braised Pork Rib Noodles with Shiitake Mushrooms 红烧香菇排骨面	Chongqing Noodle 重庆小面鸡肉	Sichuan Spicy-Sour Glass Noodles 四川酸辣粉 Chinese Pork Hamburger 猪肉肉夹馍	DongBei Food Festival 东北美食节 Scrambled Egg Sauce Noodles 鸡蛋酱拌面 (素)

WEEKLY MENU



STATION	MONDAY 9.14	TUESDAY 9.15	WEDNESDAY 9.16	THURSDAY 9.17	FRIDAY 9.18
Chinese Station 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	Sautéed Pork with Bell Pepper 彩椒猪肉丝 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭	Braised Beef with Tomato 番茄牛腩 Sautéed Zucchini 清炒小瓜 Braised Rice with Beans 豆焖饭	Lemon Duck 柠檬鸭 Stir-fried Mushrooms with Loofah 丝瓜炒蘑菇 Steamed Rice 米饭	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
Sandwich 三明治	Roman Pizza Square with Grilled Vegetable & Ham 罗马方披萨配烤蔬菜火腿（猪）	Bourbon Pulled Chicken Panini 波本手撕鸡肉帕尼尼	Texas Roasted Beef & Cheese Panini 德克萨斯牛肉奶酪帕尼尼	Pizza Tonno E Cipolla 意式金枪鱼洋葱披萨	Chicken & Cheese Ciabatta Sandwich 鸡肉奶酪恰巴塔三明治
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)
814	47.0	91.5	29.0

WEEKLY MENU



Vegetarian



Seafood



Halal



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	
Daily Western Special 西式特式	Buffalo Spicy Chicken Wings 美式水牛城辣鸡翅 Vegetable Sticks 蔬菜条 French Fries 薯条 	Russian Beef Stroganoff 俄罗斯酸奶油牛肉 Broccoli & Cherry Tomato 西兰花小番茄 Garlic Butter Baguette 蒜香牛油法棍 	Chicken Biryani 印度鸡肉香饭 Sautéed Spinach 炒菠菜 	Pan-Fried Salmon 香煎三文鱼  Sautéed Broccoli with Cauliflower 双色菜花 Cream Mushroom Pasta 奶油蘑菇意面 	
Daily Asian Special 亚式特式	Thai Basil Prawns 金不换大虾  Stir-fried Bok Choy 小炒上海青 Steamed Rice 米饭 	Spicy Sichuan Wok Mix 麻辣香锅 Stir-fried Choi Sum 清炒菜心 Stir-fried Rice with XO Sauce and Pineapple XO酱菠萝炒饭 	Sizzling Perilla Pork Ribs 紫苏排骨啫啫 Loofah & Edamame 丝瓜毛豆 Steamed Rice 米饭 	Chicken with Chili Sauce 马来甜辣鸡 Poached Okra 白灼秋葵 Steamed Rice 米饭 	
Noodle Bar 面档	Japanese Stir-fried Beef Udon 日式肥牛炒乌冬面 	Xinjiang Sautéed Noodles with Mutton 新疆羊肉拉条子 	Cantonese Fried Rice Noodle with Beef 干炒牛河 	Hunan Rice Noodle Soup with Pork 湖南猪肉汤米粉 	

WEEKLY MENU

Go for it

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
Chinese Station 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	Sour Plum Roasted Duck 酸梅烤鸭 Stewed Tofu with Mixed Vegetables 杂蔬炖豆腐 Steamed Rice 米饭	Crab-flavored Fish 赛螃蟹鱼肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	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	
Sandwich 三明治	Beef Panini 牛肉帕尼尼	Tuna Panini 金枪鱼帕尼尼	Beef Salami Pizza 牛肉萨拉米披萨	Ham & Mozzarella Cheese Panini 火腿马苏里拉芝士帕尼尼	
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)
789	47.0	86.8	27.8