

WEEKLY MENU



Heathy
choice



OK most of
the time



Enjoy it once
in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 10.5	TUESDAY 10.6	WEDNESDAY 10.7	THURSDAY 10.8	FRIDAY 10.9
Soup 汤	Cucumber & Egg Soup 黄瓜蛋花汤	Miso Soup 味噌汤	Goji Berry & Fungus Soup 枸杞银耳汤	French Onion Soup 法式洋葱汤	Chongqing Small Rice Dumpling 山城小圆子
G1-G5 Western Set Menu A G1-G5西式套餐A	Pasta with Bacon, Tomato & Mushroom 芝士培根蘑菇番茄意面 Mixed Vegetable 混合什蔬	Fish with Cherry Tomato & Basil 番茄罗勒烤鱼 Mixed Vegetable 混合时蔬 Roasted Potato 香烤小土豆	Korean Fried Chicken 韩式炸鸡 Korean Rice Cake 韩式炒年糕	Thareed Lahm 阿联酋蔬菜炖羊肉 Regag Bread 雷加阁薄饼	BBQ Chicken Burger BBQ烤鸡腿堡 Buttered Vegetables 黄油时蔬 French Fries 薯条
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Soy Sauce Duck 豉汁鸭肉 Stir-fried Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Cantonese Poached Chicken in Soy Sauce 粤式豉油鸡 Stir-fried Cucumber with Bean Curd 腐竹炒黄瓜 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	Beef & Tofu Casserole with Preserved Olive Vegetables 橄榄菜牛肉豆腐煲 Blanched Milk Chinese Cabbage 白灼奶白菜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Teriyaki Chicken 日式照烧鸡 Japanese Curry Vegetables 日式咖喱蔬菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Braised Beef Brisket with Turnip 萝卜炖牛腩 Garlic Bok Choy 蒜蓉上海青 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)
656	34.5	77.1	21.0

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STATION	MONDAY 10.5	TUESDAY 10.6	WEDNESDAY 10.7	THURSDAY 10.8	FRIDAY 10.9
G1-G5 Sandwich Station G1-G5三明治档口	Philly Beef & Cheese Sandwich 费城芝士牛肉三明治  	Bacon Egg Sandwith 培根煎蛋三明治 	Tuna Pizza  金枪鱼披萨  	Lyonnaisse Sausage Panini 里昂那香肠帕尼尼 	Ham & Mozzarella Cheese Sandwich 火腿芝士三明治 
G1-G5 Noodle Station G1-G5面档	Braised Fish Rice Noodles  卤汤鱼肉米粉 Green Vegetables 白灼蔬菜  	Nasi Goreng Rice with Chicken 印尼炒饭配鸡肉 Green Vegetables 白灼蔬菜  	Chicken Rice Noodle in Marinated Soup 卤汤鸡腿米粉 Green Vegetables 白灼蔬菜  	Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜  	Noodle with Plant-Based Meat & Soybean Paste 素炸酱面 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)
368	20.1	45.0	12.0

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STATION	MONDAY 10.12	TUESDAY 10.13	WEDNESDAY 10.14	THURSDAY 10.15	FRIDAY 10.16
Soup 汤	Yellow Split Pea Soup 西式豌豆汤 	Vegetable & Tofu Soup 蔬菜豆腐汤	Chicken Soup with Corn & Carrot 玉米胡萝卜老鸡汤	Zucchini Soup 西葫芦汤	Cream of Pumpkin Soup 奶油南瓜汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Canadian Thanksgiving 加拿大感恩节 Roasted Turkey 烤火鸡 Buttered Vegetables 黄油时蔬 Mashed Potatos with Gravy 卤肉汁土豆泥 	BBQ Pork Chop 烤猪扒 Stir-fried Carrots with Baby Corn 玉米笋炒胡萝卜 Roasted Potato with Garlic & Rosemary 迷迭香蒜烤土豆 	Canadian Thanksgiving 加拿大感恩节 Maple Roasted Chicken 枫糖烤鸡 Sautéed Zucchini 清炒西葫芦 Soft Roll 软面包 	Canadian Thanksgiving 加拿大感恩节 Macaroni & Cheese (Beef) 奶酪通心粉 (牛) Mixed Vegetable 混合什蔬 	Beef Hot Dog 牛肉热狗 Sautéed Vegetable 黄油时蔬
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Sprout Vegetables with Scrambled Eggs & Pork 芽菜鸡蛋炒滑猪肉 Stir-fried Baby Bok Choy 炒杭白菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯 	Steamed Beef with Button Mushrooms 口蘑蒸牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Homemade Twisted Bun 自制花卷 	Sautéed Shrimp with Peas & Corn 豌豆玉米炒虾仁 Sautéed Shredded Potato in Vinegar 醋溜土豆丝 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜 	Braised Tofu with Minced Pork 猪肉末红烧豆腐 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	Steamed Chicken with Cordyceps Flowers 虫草花蒸鸡 Sautéed Cabbage 清炒包菜 Steamed Rice 米饭 Steamed Corn 蒸玉米

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)
650	36.7	80.8	21.4

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STATION	MONDAY 10.12	TUESDAY 10.13	WEDNESDAY 10.14	THURSDAY 10.15	FRIDAY 10.16
G1-G5 Sandwich Station G1-G5三明治档口	Canadian Thanksgiving 加拿大感恩节 Windsor Style Pizza (Pork) 温莎风味披萨 (猪)   	Canadian Thanksgiving 加拿大感恩节 Poutine 牛肉酱乳酪薯条   	Popcorn Chicken Pizza 爆香鸡米花披萨  	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼  	Canadian Thanksgiving 加拿大感恩节 Hawaiian Pizza (Ham & Pineapple) 夏威夷披萨 (火腿和菠萝)  
G1-G5 Noodle Station G1-G5面档	Spaghetti Bolognese 牛肉酱意面  	Yunnan Rice Noodles 云南过桥米线 Green Vegetables 白灼蔬菜 	Pan-fried Pork Bun 水煎包 (猪) Vegetable Bun 素菜包 Green Vegetables 白灼蔬菜 	Japanese Tonkotsu Pork Bone Ramen 日式豚骨拉面 Braised Egg 卤蛋 Green Vegetables 白灼蔬菜  	Beijing Noodles with Tomato Egg Sauce 番茄鸡蛋打卤面 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 10.19	TUESDAY 10.20	WEDNESDAY 10.21	THURSDAY 10.22	FRIDAY 10.23
Soup 汤	Minestrone Soup 意式蔬菜汤	Stewed Chicken Soup with Agrocybe Mushroom 茶树菇炖老鸡汤	Pumpkin Congee 南瓜粥	Tomato & Basil Soup 番茄罗勒汤	Hainan Coconut Chicken Soup 海南椰子鸡汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Spanish Braised Pork Sausage 西班牙烩猪肉香肠 Garlic Broccoli 蒜蓉西兰花 Homemade Soft Roll 自制小餐包  	French-style Roasted Chicken with Mustard 法式芥末烤鸡 Mixed Vegetables 混合什蔬 Cajun Potatoes 卡真土豆  	Indian Curry Chicken 印度咖喱鸡 Mixed Vegetable 混合什蔬 Naan 印度烤饼  	Swedish Beef Meatball 瑞典风味牛肉丸 Grilled Zucchini 烤西葫芦 Mashed Potato 奶香土豆泥  	Mexican Braised Beef 墨西哥烩牛肉 Sautéed Spinach 清炒菠菜 Flour Tortilla 墨西哥饼  
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Braised Fish with Dried Bean Curd  腐竹焖鱼 Stir-fried Baby Bok Choy 清炒杭白菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯  	Steamed Egg with Shrimp  虾仁蒸蛋 Stir-fried Loofah 地耳炒丝瓜 Steamed Rice 米饭 Homemade Steamed Bun 自制馒头  	Moo Shu Pork 木须肉 Soy Braised Eggplant 酱香茄子 Steamed Rice 米饭 Steamed Corn 蒸玉米  	Braised Duck with Perilla 紫苏焖鸭 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜  	Sanya Food Festival 三亚美食节 Wenchang Chicken 文昌鸡 Sautéed Cabbage 清炒卷心菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯  

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)
618	29.5	80.5	20.5

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STATION	MONDAY 10.19	TUESDAY 10.20	WEDNESDAY 10.21	THURSDAY 10.22	FRIDAY 10.23
G1-G5 Sandwich Station G1-G5三明治档口	Beef Salami Pizza 牛肉萨拉米披萨  	Smoked Duck & Cheese Sandwich 烟熏鸭肉芝士三明治  	Texas Beef & Cheese Panini 德克萨斯牛肉 奶酪帕尼尼  	Tuna & Corn Sandwich 金枪鱼玉米三明治   	Bacon & Egg Panini 培根鸡蛋帕尼尼 
G1-G5 Noodle Station G1-G5面档	Dai-style Pineapple Chicken Fried Rice 傣家凤梨鸡肉炒饭  	Pork Siu Mai 猪肉烧卖 Green Vegetables 白灼蔬菜 	Noodle with Plant-based Meat & Soybean Paste 素炸酱面 Green Vegetables 白灼蔬菜  	Lanzhou Beef Noodle Soup 兰州牛肉拉面 Green Vegetables 白灼蔬菜    	Sanya Food Festival 三亚美食节 Hainan Baoluo Rice Noodles (Beef) 海南抱罗粉(牛) 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)
396	18.3	49.7	13.8

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Halal

	MONDAY 10.26	TUESDAY 10.27	WEDNESDAY 10.28	THURSDAY 10.29	FRIDAY 10.30
Soup 汤	Traditional Pear Soup 小吊梨汤	Seaweed & Egg Soup 紫菜蛋花汤	Turnip & Vermicelli Soup 萝卜粉丝汤	Barley & Red Bean Soup 薏米红豆汤	Mixed Mushrooms & Tofu Thick Soup 杂菌豆腐羹
G1-G5 Western Set Menu A G1-G5西式套餐A	Katsu-style Crispy Chicken Cutlet 吉列炸鸡排 Poached Broccoli 白灼西兰花 Mashed Potato 土豆泥  	Beef Lasagna 牛肉千层面 Buttered Cauliflower 黄油椰菜花  	Italian Chicken Cacciatore 意式猎人烩鸡肉 Italian Vegetable Stew 意大利炖菜 Homemade Soft Roll 自制小餐包  	Fish & Chips 炸鱼薯条  Buttered Vegetable 黄油时蔬  	Halloween Special 万圣节美食 Shepherd's Pie (Beef) 英式土豆牛肉派 Mixed Vegetable 混合时蔬 Homemade Soft Roll 自制小餐包   
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Braised Beef Brisket with Sour Cabbage & Potato 酸菜土豆牛腩 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜  	Cantonese Style Braised Duck 广式南乳鸭 Stewed Tofu with Mixed Vegetable 豆腐炖蔬菜 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕  	Stir-fried Beef with Scallions 葱爆牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯  	Braised Pork with Eggplant 猪肉末烧茄子 Sautéed Potato with Bell Pepper 青椒土豆丝 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯  	Sweet & Sour Chicken 咕咾鸡 Sautéed Spinach 炒菠菜 Steamed Rice 米饭 Steamed Corn 蒸玉米  

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 10.26	TUESDAY 10.27	WEDNESDAY 10.28	THURSDAY 10.29	FRIDAY 10.30
G1-G5 Sandwich Station G1-G5三明治档口	Orleans Chicken & Cheese Panini 奥尔良鸡肉芝士帕尼尼  	Tuna Panini  金枪鱼帕尼尼  	Pesto Chicken Sandwich 青酱鸡肉三明治  	Pork & Cheese Panini 猪肉奶酪帕尼尼 	Halloween Special 万圣节美食 Halloween Special Pizza 万圣节特色披萨 (猪) 
G1-G5 Noodle Station G1-G5面档	Vietnamese Beef Meatball Pho 越南牛肉丸汤粉 Green Vegetables 白灼蔬菜  	Pork Wonton Noodle Soup 猪肉云吞面 Green Vegetables 白灼蔬菜 	Fried Rice with Chopped Choy Sum & Preserved Pork 腊味菜心粒炒饭 (猪) 	Beijing Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜  	Fusilli with Cherry Tomato, Olives & Beef 番茄橄榄牛肉意面 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)
388	15.2	50.3	14.0