

WEEKLY MENU

STATION	MONDAY 10.5	TUESDAY 10.6	WEDNESDAY 10.7	THURSDAY 10.8	FRIDAY 10.9
ES Morning Snack 小学上午 间点	Red Bean Pastry 红豆饼 Milk 牛奶	Custard Bun 奶黄包 Apple 苹果	Danish 丹麦包 Lemon Water 柠檬水	Chiffon Cake 戚风蛋糕 Pear 梨	Strawberry Jam Roll 草莓果酱卷 Juice 果汁
ES Afternoon Snack 小学下午 间点	Beef Sausage Roll 牛肉香肠卷 Sweet & Sour Plum Soup 酸梅汤	Egg Tart 蛋挞 Passion Fruit & Lemon Water 百香果柠檬水	Salted Egg Yolk Pastry 咸蛋黄一口酥 Milk 牛奶	Raisin Bread 葡萄干软包 Red Bean Paste with Coconut Milk 椰奶红豆沙	Soda Biscuit 苏打饼干 Fruit Infused Water 果泡水

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 10.12	TUESDAY 10.13	WEDNESDAY 10.14	THURSDAY 10.15	FRIDAY 10.16
ES Morning Snack 小学上午 间点	Coconut Cracker 椰蓉饼干 Milk 牛奶	Dorayaki 铜锣烧 Pear 梨	Milk-flavored Bean Paste Roll 奶香豆沙卷 Fruit Infused Water 果泡水	Banana Bread 香蕉包 Apple 苹果	Swiss Roll 瑞士卷 Juice 果汁
ES Afternoon Snack 小学下午 间点	Canadian Thanksgiving 感恩节 Butter Tart 黄油挞 Pear & Water Chestnut Soup 冰糖雪梨马蹄水	Bannock 班诺克面包 Sweet & Sour Plum Soup 酸梅汤	Blueberry Crisp 蓝莓酥饼 Milk 牛奶	Croissant 牛角 Mung Bean Soup 绿豆汤	Beaver Tails 海狸尾 Maple Syrup Lemonade 枫糖柠檬水

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 10.19	TUESDAY 10.20	WEDNESDAY 10.21	THURSDAY 10.22	FRIDAY 10.23
ES Morning Snack 小学上午 间点	Chiffon Cake 戚风蛋糕 Milk 牛奶	Fruit Jam Roll 果酱卷 Apple 苹果	Waffle 华夫饼 Lemon Water 柠檬水	Cranberry Butter Cake 蔓越莓黄油蛋糕 Pear 梨	Cheese Toast 乳酪吐司 Juice 果汁
ES Afternoon Snack 小学下午 间点	Raisin Corn Cake 葡萄干玉米发糕 Fruit Infused Water 果泡水	Coconut Cracker 椰蓉饼干 Honey & Jujube Water 蜂蜜红枣水	Green Bean Pastry 绿豆饼 Milk 牛奶	Salty Cheese Crackers 咸味芝士饼干 Water Chestnut & Honey Water 蜂蜜马蹄水	Banana Bread 香蕉包 Osmanthus & Red Bean Soup 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)
244	9.6	35.3	7.2

WEEKLY MENU

STATION	MONDAY 10.26	TUESDAY 10.27	WEDNESDAY 10.28	THURSDAY 10.29	FRIDAY 10.30
ES Morning Snack 小学上午 间点	Red Bean Pastry 红豆饼 Milk 牛奶	Green Tea Cake 绿茶蛋糕 Pear 梨	Pineapple Bun 菠萝包 Fruit Infused Water 果泡水	Chocolate Egg Tart 巧克力蛋挞 Apple 苹果	Donut 甜甜圈 Juice 果汁
ES Afternoon Snack 小学下午 间点	Yogurt Cake 酸奶蛋糕 Lemon & Honey Water 柠檬蜂蜜水	Coconut Bread 椰蓉面包 Passion Fruit & Lemon Water 百香果柠檬水	Toast with Jam 吐司果酱 Milk 牛奶	Honey Cake 蜂蜜蛋糕 Red Bean & Barley 红豆薏米水	Halloween Finger Cookie 万圣节手指饼干 Apple Pear Soup 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)
253	11.5	33.5	8.3