

WEEKLY MENU



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
Daily Western Special 西式特式	Portuguese Braised Chicken 葡式烩鸡腿 Seasonal Vegetables 冬笋、菜心、胡萝卜、彩椒 Potato Gratin with Beef Sauce 牛肉酱芝士焗土豆	American BBQ Pork Ribs 美式烧烤猪排 Caribbean-style Vegetable Stew 加勒比慢煮炖菜 Bread 面包	Beef Lasagna 牛肉千层面 Mixed Vegetables 混合时蔬	Beef Cheeseburger 牛肉芝士汉堡 French Fries 自制薯条 Cheese/Tomato/ Pickle 芝士/番茄/酸黄瓜	Chicken Fricassee 佛理卡西鸡腿 Roasted Cauliflower with Olive Oil 橄榄油烤花菜 Mashed Potato 土豆泥
Daily Asian Special 亚式特式	Braised Pork Meatball with Brown Sauce 四喜丸子 (猪) Stir-fried Cabbage with Vermicelli 粉条炒包菜 Steamed Rice 米饭	Coke Chicken 可乐鸡翅 Shredded Potato with Bell Pepper 尖椒土豆丝 Fried Rice with Mixed Vegetables 蔬菜炒饭	Korean-style Grilled Squid 韩式铁板鱿鱼 Fried Eggs 煎鸡蛋 Seasonal Vegetables 时令蔬菜 Steamed Rice 米饭	Korean-style Roasted Pork Belly with Rice 韩式五花肉拌饭	Steamed Fish with Chopped Pepper 剁椒鱼 Stir-fried Bok Choy 小炒上海青 Steamed Rice 米饭
Noodle Bar 面档	Wuhan Hot Dry Noodles & Duck Wings 武汉热干面加鸭翅	Sichuan Dan Dan Noodle 担担面	Beef Rice Noodle in Sour Broth 酸汤肥牛米粉	Noodles with Lamb, Egg & Seaweed 水盆羊肉面	Japanese Hakata Ramen 日式博多拉面

WEEKLY MENU



STATION	MONDAY 10.5	TUESDAY 10.6	WEDNESDAY 10.7	THURSDAY 10.8	FRIDAY 10.9
Chinese Station -Set Menu 中式	Soy Sauce Duck 豉汁鸭肉 Stir-fried Bok Choy 清炒油菜 Steamed Rice 米饭	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	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	Teriyaki Chicken 日式照烧鸡 Japanese Curry Vegetables 日式咖喱蔬菜 Steamed Rice 米饭	Braised Beef Brisket with Turnip 萝卜炖牛腩 Garlic Bok Choy 蒜蓉上海青 Steamed Rice 米饭
Sandwich 三明治	Pesto Chicken Sandwich 青酱鸡肉三明治	Turkish Pide 土耳其船型牛肉披萨	Pulled Pork Panini 美式手撕猪肉帕尼尼	Pizza Tonno E Cipolla 意式金枪鱼洋葱披萨	Banh Mi 越南法棍三明治
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)
816	48.1	88.8	31.0

WEEKLY MENU



Vegetarian



Seafood



Halal



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
Daily Western Special 西式特式	Canadian Thanksgiving 加拿大感恩节 Roasted Turkey 烤火鸡 Buttered Vegetable 黄油时蔬 Mashed Potatoes with Gravy 卤肉汁土豆泥	Pan-fried Pork Chop with Mushroom Cream Sauce 煎猪排配蘑菇奶油汁 Buttered Cauliflower & Broccoli with Bell Pepper & Snow pea 黄油什锦蔬菜 (什锦花菜&彩椒&荷兰豆) Baked Bread with Butter & Herb 香草黄油焗面包	Canadian Thanksgiving 加拿大感恩节 Maple Roasted Chicken 枫糖烤鸡 Sautéed Vegetables 黄油时蔬 Mashed Potato 奶香土豆泥	Shawarma 鸡肉沙威玛 Fattoush 鹰嘴豆泥皮塔饼沙拉	Canadian Thanksgiving 加拿大感恩节 Seafood Stew with Mushroom Cream Sauce in Vol-Au-Vent 烩海鲜配蘑菇、芦笋配奶油汁 (大虾、巴沙鱼、鱿鱼) Buttered Carrots & Broccoli with Snow Pea & Bell Pepper 黄油胡萝卜&西兰花配荷兰豆 &彩椒 Cajun Baked Potatoes 卡真烤土豆
Daily Asian Special 亚式特式	Korean Bibimbap 韩式石锅拌饭 (牛)	Oden 日式关东煮 Stir-fried Cabbage 炒卷心菜 Rice with Nori 海苔饭	Cantonese Pot Rice with Sausage & Cured Meat 腊味煲仔饭 (猪) Sautéed Cabbage 清炒快菜	Kung Pao Prawn Balls 宫保大虾球 Stir-fried Choi Sum 清炒菜心 Steamed Rice 米饭	Sichuan Crispy Smoked Duck 香酥樟茶鸭 Stir-fried Cabbage 清炒包菜 Yangzhou Fried Rice 扬州炒饭
Noodle Bar 面档	Xiamen-style Duck Soup with Vermicelli 厦门冬粉鸭	Lamb Scorpion Rice Noodles 草原羊蝎子米线	Seafood Laksa 海鲜叻沙汤面	Canadian Thanksgiving 加拿大感恩节 Macaroni & Cheese (Beef) 奶酪通心粉 (牛)	Braised Beef Noodle Soup 网红牛肉面 (牛肉、牛肉丸子、蛋)

WEEKLY MENU



STATION	MONDAY 10.12	TUESDAY 10.13	WEDNESDAY 10.14	THURSDAY 10.15	FRIDAY 10.16
Chinese Station -Set Menu 中式	Sprout Vegetables with Scrambled Eggs & Pork 芽菜鸡蛋炒滑猪肉 Chinese Cabbage 炒杭白菜 Steamed Rice 米饭	Steamed Beef with Button Mushrooms 口蘑蒸牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	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	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 Chicken with Cordyceps Flowers 虫草花蒸鸡 Sautéed Cabbage 清炒包菜 Steamed Rice 米饭
Sandwich 三明治	Chicken Tomato Cheese Bagel Sandwich 鸡肉番茄芝士贝果三明治	Canadian Thanksgiving 加拿大感恩节 Poutine 牛肉酱乳酪薯条	Orleans Chicken Sandwich 奥尔良鸡肉三明治	Avocado Ham Egg Panini 牛油果火腿鸡蛋帕尼尼	Canadian Thanksgiving 加拿大感恩节 Hawaiian Pizza (Ham & Pineapple) 夏威夷披萨(火腿和菠萝)
Salad Bar 沙拉吧	4 Kinds of Vegetable 2 Kinds of Whole Grains 2 Kinds of Fruits 2 Kinds of Dressing 4款鲜蔬 2款杂粮 2款水果 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)
800	47.0	88.8	30.6

WEEKLY MENU



Vegetarian



Seafood



Halal



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
Daily Western Special 西式特式	Buffalo Chicken Wings 美式水牛城辣鸡翅 Vegetable Sticks 蔬菜条 French Fries 薯条	Orleans Roasted Chicken 奥尔良烤鸡 Buttered Vegetables 黄油时蔬 Garlic Bread 蒜香面包	German Fried Pork Chop with Hunter Mushroom Sauce 德式炸猪排配猎人蘑菇酱 Roasted Seasonal Vegetable 烤时蔬 Poached Potatoes 煮土豆	Fried Chicken with Waffle 炸鸡配华夫饼 Sautéed Seasonal Vegetable 清炒混合时蔬	Beef Fajita 墨西哥法吉塔牛肉卷 Tomato Salsa 番茄莎莎 Guacamole 牛油果酱 Nachos 玉米片
Daily Asian Special 亚式特式	Teriyaki Beef Rice with Enoki Mushroom 照烧金针菇肥牛饭	Beef Fillet with Hangjiao Chilies 杭椒炒牛柳 Sautéed Choy Sum 炒菜心 Rice with Nori 海苔饭	Chicken Tikka Masala 印度鸡肉玛莎拉 Curry Mixed Vegetables 咖喱混合时蔬 Naan 印度烤饼	Korean Seafood Tofu Soup 韩式海鲜豆腐汤 Kimchi 泡菜 Steamed Rice 米饭	Sanya Food Festival 三亚美食节 Hainan-style Chicken Rice 海南鸡饭
Noodle Bar 面档	Cantonese Fried Rice Noodle with Beef 干炒牛河	Japanese-style Fried Noodles with Pork Belly 日式五花肉片炒面	Rice Noodles with Chicken & Pickled Beans 鸡肉酸豆角米线	Qi Shan Pork Sliced Noodle 山西刀削面 (猪)	SanYa Food Festival 三亚美食节 Hainan Baoluo Powder 海南抱罗粉 (猪)

WEEKLY MENU



STATION	MONDAY 10.19	TUESDAY 10.20	WEDNESDAY 10.21	THURSDAY 10.22	FRIDAY 10.23
Chinese Station -Set Menu 中式	Braised Fish with Dried Bean Curd 腐竹焖鱼 Stir-fried Baby Bok Choy 清炒杭白菜 Steamed Rice 米饭	Braised Pork with Kelp 猪肉烧海带 Stir-fried Loofah 地耳炒丝瓜 Steamed Rice 米饭	Moo Shu Pork 木须肉 Soy Braised Eggplant 酱香茄子 Steamed Rice 米饭	Braised Duck with Perilla 紫苏焖鸭 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭	Sanya Food Festival 三亚美食节 Wenchang Chicken 文昌鸡 Sautéed Cabbage 清炒卷心菜 Steamed Rice 米饭
Sandwich 三明治	BLT Sandwich 培根生菜番茄三明治	Cumin Beef Pizza 孜然牛肉披萨	Texas Roasted Beef & Cheese Panini 德克萨斯牛肉奶酪帕尼尼	Roasted Chicken Panini 烤鸡肉帕尼尼	Black Pepper Beef Panini 黑椒牛肉帕尼尼
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)
823	47.0	91.5	30.0

WEEKLY MENU



Vegetarian



Seafood



Halal



STATION	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
Daily Western Special 西式特式	Chicken Burrito Bowl 墨西哥鸡肉碗	Steak Diane 黛安牛排 Baked Stuffing Tomato 酿西红柿 Mashed Potato 土豆泥	Spanish Garlic Chicken with Bread 西班牙蒜香鸡腿配面包 Spanish Vegetable Stew 西班牙风味炖菜	German Sausage Platter with Sauerkraut & Spätzli 德国香肠拼盘配酸菜 Mashed Potatoes 土豆泥	Halloween Special 万圣节美食 Halloween Special Hotdog (Beef) 万圣节特色牛肉热狗 Ketchup/Mustard 番茄沙司/黄芥末 Onion & Pickle & Coleslaw 洋葱/酸黄瓜/拌卷心菜 French Fries 薯条
Daily Asian Special 亚式特式	Korean-style Spicy Cabbage & Beef Slices 韩式辣白菜肥牛片 Spinach/Mushroom/Bamboo /Seaweed/Carrot/Hot Sauce 韩式蔬菜（菠菜、蘑菇，笋丝， 胡萝卜丝，海带丝，辣酱） Fried Rice with Kimchi & Boiled Egg 辣白菜炒饭	Hot-Spicy Pot 麻辣香锅 Steamed Rice 米饭	Braised Pork Rice 台式卤肉饭 Braised Egg 卤蛋 Wok-Fried Cabbage 炆炒圆白菜	Chicken Biryani 印度鸡肉香饭 Sautéed Spinach 炒菠菜	Thai Fried Rice with Pork & Egg 泰式打抛猪肉饭
Noodle Bar 面档	Teriyaki Beef Udon 照烧肥牛乌冬面	Xinjiang Sautéed Noodles with Chicken 新疆鸡肉拉条子	Chicken Noodle Soup 浓汤鸡肉丸子面（鸡）	Cantonese Dim Sum Platter 广式点心拼盘	Halloween Special 万圣节美食 Fusilli with Cherry Tomato, Olives & Beef 番茄橄榄牛肉意面

WEEKLY MENU



STATION	MONDAY 10.26	TUESDAY 10.27	WEDNESDAY 10.28	THURSDAY 10.29	FRIDAY 10.30
Chinese Station -Set Menu 中式	Braised Beef Brisket with Sour Cabbage & Potato 酸菜土豆牛腩 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭	Cantonese-style Braised Duck 广式南乳鸭 Stewed Tofu with Mixed Vegetables 豆腐炖蔬菜 Steamed Rice 米饭	Stir-fried Beef with Scallions 葱爆牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	Braised Pork with Eggplant 猪肉末烧茄子 Sautéed Potato with Bell Pepper 青椒土豆丝 Steamed Rice 米饭	Sweet & Sour Chicken 咕咾鸡 Sautéed Spinach 炒菠菜 Steamed Rice 米饭
Sandwich 三明治	Bacon & Egg Panini 培根鸡蛋帕尼尼	Tuna Panini 金枪鱼帕尼尼	Teriyaki Chicken & Potato Pizza 照烧风味鸡肉土豆披萨	Chicken & Mozzarella Cheese Panini 鸡肉马苏里拉芝士帕尼尼	Banh Mi 越南法棍三明治
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)
808	47.1	90.5	28.7