WEEKLY MENU

Heathy choice | OK most of the time | Enjoy it once in a while | Vegetarian | Seafood | Halal

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.2	TUESDAY 11.3	WEDNESDAY 11.4	THURSDAY 11.5	FRIDAY 11.6
Soup 汤	Seaweed Egg Soup 紫菜蛋花汤	Miso Soup 味噌汤	Tomato & Basil Soup 番茄罗勒汤	Lotus Root & Pork Soup 莲藕瘦肉汤	Goji Berry & Fungus Soup 枸杞银耳汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Beef Hot Dog 牛肉热狗 Buttered Vegetables 黄油时蔬	Curry Beef 咖喱牛肉 Roasted Zucchini 烤西葫芦 Garlic Bread 蒜香面包	Korean-style Fried Chicken 韩式炸鸡肉 Korean-style Rice Cake 韩式炒年糕	Mexican Braised Beef 墨西哥烩牛肉 Buttered Vegetables 黄油时蔬 Tortilla 墨西哥饼	Teriyaki Chicken 日式照烧鸡 Japanese Curry Vegetables 日式咖喱蔬菜 Homemade Soft Roll 自制小餐包
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Braised Fish with Mushroom 蘑菇烧鱼 Wok-fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Cantonese Braised Chicken in Soya Sauce 粤式豉油鸡 Garlic Stem Lettuce 蒜蓉青笋 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	Stewed Beef, Corn with Tofu 玉米牛肉炖豆腐 Poached Chinese Cabbage 白灼奶白菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Steamed Fish Chicken Fillet with Scallion 鱼肉蒸鸡肉饼 Stir-fried Cucumber with Bean Curd 腐竹炒黄瓜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Stewed Beef Brisket with Potatoes 土豆牛腩 Braised Turnip 家常萝卜 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)
665	34.5	77.1	22.0

WEEKLY MENU

Heathy choice | OK most of the time | Enjoy it once in a while | Vegetarian | Seafood | Halal

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.2	TUESDAY 11.3	WEDNESDAY 11.4	THURSDAY 11.5	FRIDAY 11.6
G1-G5 Sandwich Station G1-G5三明治档口	Lyonnaise Sausage Panini 里昂那香肠帕尼尼	Philly Beef & Cheese Sandwiches 费城芝士牛肉三明治	Italian Bolognese Pizza 意大利肉酱披萨	Pesto Chicken Sandwiches 青酱鸡肉三明治	Ham & Mozzarella Cheese Sandwicheses 火腿芝士三明治
G1-G5 Noodle Station G1-G5面档	Nasi Goreng Rice with Chicken 印尼炒饭配鸡肉 Green Vegetables 白灼蔬菜	Yunan Rice Noodles (Beef/ Chicken) 云南过桥米线（牛/鸡） Green Vegetables 白灼蔬菜	Pork Siu Mai 猪肉烧麦 Green Vegetables 白灼蔬菜	Tomato Soup Noodles 番茄浓汤捞面 Green Vegetables 白灼蔬菜	Start of Winter 立冬 Pork & Vegetable Dumplings 猪肉蔬菜水饺 Egg & Vegetable Dumplings 素水饺
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

WEEKLY MENU

Heathy choice | OK most of the time | Enjoy it once in a while | Vegetarian | Seafood | Halal

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.9	TUESDAY 11.10	WEDNESDAY 11.11	THURSDAY 11.12	FRIDAY 11.13
Soup 汤	Chicken Soup with Agrocybe Mushrooms 茶树菇老鸡汤	Borscht 罗宋汤	Mixed Mushrooms & Tofu Soup 杂菌豆腐羹	Traditional Pear Soup 小吊梨汤	Che 越南甜汤
G1-G5 Western Set Menu A G1-G5西式套餐A	American Roasted Chicken 美式烤鸡 Buttered Seasonal Vegetables 黄油时蔬 Garlic Bread 蒜香面包	Braised Duck Breast with Black Pepper Sauce 黑椒鸭肉 Sauteed Carrot & Zucchini 胡萝卜西葫芦 Roasted Potato with Rosemary 迷迭香烤土豆	Beef Rendang 仁当牛肉 Grilled Zucchini 烤西葫芦 Homemade Soft Roll 自制小餐包	Orleans Chicken Burger 奥尔良鸡腿堡 Buttered Seasonal Vegetables 黄油时蔬 Frensh Fries 薯条	Vietnamese Food Festival 越南美食节 Ca Kho To 越南焦糖鱼 Rau Xao 炒青菜 Com Rang 炒饭
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Braised Pork, Baby Bok Choy with Glass Noodles 猪肉娃娃菜炖粉条 Garlic Cabbage 蒜蓉包菜 Steamed Rice 米饭 Steamed Potato 蒸土豆	Sauteed Beef with King Oyster Mushrooms 杏鲍菇炒牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Steamed Twisted Rolls 自制花卷	Stir-fried Shrimp with Cucumber & Corn 青瓜玉米炒虾仁 Sauteed Potato with Bell Pepper 青椒土豆丝 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Braised Pork Meatballs 红烧猪肉丸子 Sauteed Bok Choy with Shiitake Mushrooms 香菇油菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Crispy Fried Chicken Strips 小酥肉 (鸡肉) Sauteed Cabbage with Tofu 白菜豆腐 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)
654	37.3	80.8	21.4

WEEKLY MENU

Heathy choice | OK most of the time | Enjoy it once in a while | Vegetarian | Seafood | Halal

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.9	TUESDAY 11.10	WEDNESDAY 11.11	THURSDAY 11.12	FRIDAY 11.13
G1-G5 Sandwich Station G1-G5三明治档口	Tuna Sandwiches 金枪鱼三明治	Pork Salami Pizza 猪肉萨拉米披萨	Chicken Panini 鸡肉帕尼尼	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼	Vietnamese Food Festival 越南美食节 New Ran 炸蔬菜春卷
G1-G5 Noodle Station G1-G5面档	Beef Rice Noodle Soup with Shiitake Mushrooms 香菇牛肉汤粉 Green Vegetables 白灼蔬菜	Fried Rice with Beef Ham & Egg 牛肉火腿蛋炒饭 Green Vegetables 白灼蔬菜	Beef & Radish Noodle Soup 牛肉萝卜汤面 Green Vegetables 白灼蔬菜	Noodle with Plant-based Meat & Soybean Paste 炸酱面 (素) Green Vegetables 白灼蔬菜	Vietnamese Food Festival 越南美食节 Pho Bo 越南牛肉河粉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

WEEKLY MENU

Heathy choice | OK most of the time | Enjoy it once in a while | Vegetarian | Seafood | Halal

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.16	TUESDAY 11.17	WEDNESDAY 11.18	THURSDAY 11.19	FRIDAY 11.20
Soup 汤	Cabbage & Vermicelli Soup 白菜粉丝汤	Egg & Corn Soup 鸡茸粟米羹	Pumpkin Congee 南瓜粥	Italian Minestrone 意式蔬菜汤	Egg & Tomato Soup 番茄蛋花汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Chicken Carbonara 鸡肉罗勒香草意面 Carrot & Zucchini 胡萝卜西葫芦	Beef Meatball Risotto 意式牛肉丸奶酪焗饭 Mixed Vegetables 混合什蔬	Cheesy Pasta with Bacon, Mushroom & Tomatoes 芝士培根蘑菇番茄意面 Stir-fried Vegetables 炒时蔬	Pasta Bolognese 肉酱意面 Buttered Seasonal Vegetables 黄油时蔬	French Baked Chicken 法式烤鸡 Mixed Vegetables 混合什蔬 Cajun Potatoes 卡真土豆
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Sweet & Sour Fish 咕咾鱼 Sauteed Bok Choy with Seitan 油菜烧面筋 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	Duck Slice with Soy Sauce 豉汁鸭肉 Wok-fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Homemade Steamed Oat Buns 自制燕麦馒头	Sauteed Beef with Bell Pepper 彩椒牛肉丝 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Stir-fried Pork with Tofu 猪肉炒千叶豆腐 Braised Gourd with Shiitake Mushrooms 香菇烧冬瓜 Steamed Rice 米饭 Steamed Twisted Roll 自制双色花卷	Beijing Roasted Beef 老北京炙子烤牛肉 Sauteed Zucchini 清炒小瓜 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)
605	28.5	80.5	19.5

WEEKLY MENU

Heathy choice | OK most of the time | Enjoy it once in a while | Vegetarian | Seafood | Halal

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.16	TUESDAY 11.17	WEDNESDAY 11.18	THURSDAY 11.19	FRIDAY 11.20
G1-G5 Sandwich Station G1-G5三明治档口	Bourbon Pulled Chicken Panini 波本手撕鸡肉帕尼尼	Beef Salami Pizza 牛肉萨拉米披萨	Beef & Cheese Ciabatta Sandwiches 牛肉奶酪恰巴塔三明治	Fried Chicken & Potato Pizza 炸鸡肉土豆披萨	Tuna & Corn Sandwicheds 金枪鱼玉米三明治
G1-G5 Noodle Station G1-G5面档	Hong Kong Pineapple & Beef Fried Rice 港式菠萝牛肉炒饭 Green Vegetables 白灼蔬菜	Pork & Vegetable Noodle Soup 雪菜猪肉丝面 Green Vegetables 白灼蔬菜	Steamed BBQ Pork Bun/Vegetable Bun 叉烧包/素菜包 Green Vegetables 白灼蔬菜	Chicken Rice Noodle in Marinated Soup 卤汤鸡腿米粉 Green Vegetables 白灼蔬菜	Beijing Noodle 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)
387	18.3	49.7	12.8

WEEKLY MENU

Heathy choice | OK most of the time | Enjoy it once in a while | Vegetarian | Seafood | Halal

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.23	TUESDAY 11.24	WEDNESDAY 11.25	THURSDAY 11.26	FRIDAY 11.27
Soup 汤	Red Date & Tremella Soup 红枣银耳汤	French Onion Soup 法式洋葱汤	Turnip & Vermicelli Soup 萝卜粉丝汤	Pearl Barley & Red Bean Congee 薏米红豆粥	Lotus Root Chicken Soup 莲藕土鸡汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Fish & Chips 炸鱼薯条 Buttered Seasonal Vegetables 黄油时蔬 French Fries 薯条	Burgundy Beef Stew 勃艮第炖牛肉 Roasted Vegetables 烤蔬菜 Homemade Soft Roll 自制小餐包	Orleans Chicken Wrap 奥尔良鸡肉卷 Mexican Stew 墨西哥炖菜	Thai-style Minced Pork 泰式打抛肉 Mixed Vegetables 混合什蔬 Garlic Butter Baguette 蒜香牛油法棍	Beef Meatballs with Tomato & Cheese 番茄奶酪牛肉丸 Buttered Seasonal Vegetables 黄油时蔬 Mashed Potato 奶香土豆泥
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Stir-fried Chicken with Mixed Vegetables 五彩鸡丝 Sauteed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Sweet & Sour Pork Tenderloin 糖醋里脊 Stewed Tofu with Mixed Vegetables 豆腐蔬菜 Steamed Rice 米饭 Homemade Steamed Bun 自制馒头	Braised Beef with Enoki Mushroom 金针菇牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	Braised Shrimp & Tofu 虾仁豆腐 Sauteed Spinach 炒菠菜 Steamed Rice 米饭 Steamed Potato 蒸土豆	Hunan Food Festival 湖南美食节 Mao's Braised Pork 毛氏红烧肉 Wok-fried Cabbage with Carrot 胡萝卜炒卷心菜 Steamed Rice 米饭 Steamed Pumpkin Bun 南瓜馒头

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

WEEKLY MENU

Heathy choice | OK most of the time | Enjoy it once in a while | Vegetarian | Seafood | Halal

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.23	TUESDAY 11.24	WEDNESDAY 11.25	THURSDAY 11.26	FRIDAY 11.27
G1-G5 Sandwich Station G1-G5三明治档口	Bacon & Egg Panini 培根鸡蛋帕尼尼	Tuna Panini 金枪鱼帕尼尼	Pizza Pargherita 玛格丽特披萨	Chicken & Mozzarella Panini 鸡肉马苏里拉芝士帕尼尼	Hunan Food Festival 湖南美食节 Sweet Glutinous Rice Cakes 糖油粑粑
G1-G5 Noodle Station G1-G5面档	Fish Tofu Noodle Soup 鱼豆腐汤面 Green Vegetables 白灼蔬菜	Japanese Chicken Ramen 日式鸡肉拉面 Green Vegetables 白灼蔬菜	Shanghai Pork Bun 上海小笼包 Vegetable Bun 素菜包 Green Vegetables 白灼蔬菜	Rice Noodle Soup with Beef Meatball 越南牛肉丸汤粉 Green Vegetables 白灼蔬菜	Hunan Food Festival 湖南美食节 Changsha Shredded Chicken Rice Noodles Soup 长沙鸡丝米粉 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

WEEKLY MENU

Heathy choice | OK most of the time | Enjoy it once in a while | Vegetarian | Seafood | Halal

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.30	TUESDAY 12.1	WEDNESDAY 12.2	THURSDAY 12.3	FRIDAY 12.4
Soup 汤	Winter Melon Meatball Soup 冬瓜丸子汤	Creamy Potato Soup 土豆奶油汤	Luffa & Egg Soup 丝瓜煎蛋汤	Red Bean & Glutinous Rice Ball Soup 红豆糯米丸子汤	Vegetable & Tofu Soup 蔬菜豆腐汤
G1-G5 Western Set Menu A G1-G5西式套餐A	Korean Honey Butter Chicken 韩式蜂蜜黄油鸡 Mixed Vegetables 混合时蔬 Stir-fried Rice Cake 韩式炒年糕	Indian Curry Chicken 印度咖喱鸡 Mixed Vegetables 混合时蔬 Naan 印度烤馕	Lemongrass Roasted Pork 柠檬草烤猪肉 Mixed Vegetables 混合时蔬 Roasted Potato 香烤土豆	Crispy Chicken Burger 香脆鸡腿堡 Mixed Vegetables 混合时蔬 French Fries 薯条	Beef Lasagna 牛肉千层面 Buttered Seasonal Vegetables 黄油时蔬
G1-G5 Chinese Set Menu B G1-G5中式套餐B	Cumin Lamb 孜然羊肉 Sauteed Cabbage 清炒包菜 Steamed Rice 米饭	Sauteed Beef Dices with Bell Pepper 彩椒牛肉粒 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	Sweet & Sour Fish 糖醋鱼 Sauteed Shredded Potato 清炒土豆丝 Steamed Rice 米饭	Steamed Pork Cakes with Winter Bamboo Shoots & Water Chestnuts 冬笋马蹄蒸猪肉饼 Sauteed Bok Choy 清炒油菜 Steamed Rice 米饭	Fried Baby Chicken with Bean Sauce 驰名炒仔鸡 Sauteed Cabbage with Tofu 白菜豆腐 Steamed Rice 米饭

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)
646	36.5	79.9	21.4

WEEKLY MENU

Heathy choice | OK most of the time | Enjoy it once in a while | Vegetarian | Seafood | Halal

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.30	TUESDAY 12.1	WEDNESDAY 12.2	THURSDAY 12.3	FRIDAY 12.4
G1-G5 Sandwich Station G1-G5三明治档口	Bacon & Egg Sandwiches 培根鸡蛋三明治	Salami Pizza (Pork) 猪肉萨拉米披萨	Teriyaki Chicken Panini 照烧鸡肉帕尼尼	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼	BLT Sandwiches 培根生菜番茄三明治
G1-G5 Noodle Station G1-G5面档	Braised Chicken Leg Noodle Soup 红烧鸡腿面 Green Vegetables 白灼蔬菜	Mushroom & Beef Fresh Rice Noodle Soup 菌菇牛肉鲜汤米线 Green Vegetables 白灼蔬菜	Noodle with Plant-based Meat & Soybean Paste 炸酱面 (素) Green Vegetables 白灼蔬菜	Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜	Xinjiang Braised Chicken with Noodles 新疆大盘鸡拉条子 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