WEEKLY MENU



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
Daily Western Special 西式特式	Herb Roasted Chicken 香草烤鸡 Mixed Vegetables 混合时蔬 Sauteed Potatoes with Onions 洋葱炒土豆	Argentine Grilled Steak 阿根廷烤牛排 Grilled Seasonal Vegetables 扒时蔬 Mashed Potato 土豆泥	Teriyaki Chicken Cheeseburger 照烧鸡肉芝士汉堡 Pickles/Lettuce/Tomato/Cheese 酸黄瓜/生菜/番茄/芝士 French Fries 薯条	Italian Cheesy Baked Chicken 芝士烤鸡腿 Roasted Cauliflower with Olive Oil 橄榄油烤花菜 Garlic Bread 蒜香面包	Mediterranean Tomato & Basil Braised Fish 地中海番茄罗勒炖鱼 Mixed Vegetables 混合时蔬 Basil & Vanilla Pasta 香草意面
Daily Asian Special 亚式特式	Korean Army Stew 韩式部队锅 Kimchi 韩式泡菜 Steamed Rice 米饭	Plum Spareribs with Stir-fried Rice Cakes 话梅排骨炒年糕 Sauteed Hangbok Choy 清炒杭白菜 Steamed Rice 米饭	Korean Seafood Tofu Soup 韩式海鲜豆腐汤 Kimchi 泡菜 Steamed Rice 米饭	Fish in Hot Chili Oil 水煮鱼 Sauteed Shanghai Bok Choy 小炒上海青 Steamed Rice 米饭	Korean-style Roasted Pork Belly with Rice 韩式烤肉拌饭 Steamed Rice 米饭
Noodle Bar 面档	Ningxia Lamb Saozi Noodles 宁夏羊肉臊子面	Sichuan Dan Dan Noodles 担担面	Beef Rice Noodles in Sour Broth 酸汤肥牛米粉	Japanese hakata Ramen 日式博多拉面	Start of Winter 立冬 Pork and Vegetable Dumplings 猪肉蔬菜水饺 Egg & Vegetable Dumplings 素水饺

WEEKLY MENU



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
Chinese Station -Set Menu 中式	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
Sandwich 三明治	Turkish Pide 土耳其船型牛肉披萨	American Pulled Pork Panini 美式手撕猪肉帕尼尼	Teriyaki Chicken Pizza 照烧鸡肉披萨	Roasted Beef Panini 烤牛肉帕尼尼	Pesto Chicken Sandwiches 青酱鸡肉三明治
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)
802	46.9	92.0	27.4

WEEKLY MENU



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
Daily Western Special 西式特式	Beef Shakshuka 牛肉北非蛋 Garlic Bread 蒜香面包	Pollo al Ajillo 西班牙蒜香鸡 Roasted Bell Peppers & Zucchini 烤彩椒西葫芦 Roasted Potatoes 烤土豆	Polpette alla Romana (Beef Meatball) 罗马牛肉丸番茄汁 Buttered Broccoli & Carrot 黄油西兰花葫芦卜 Garlic Bread 蒜香面包	Grilled Pork Sausage with Onion Gravy 德式猪肉肠配洋葱汁 Mixed Vegetables 混合时蔬 Sauteed Potato with Onion 洋葱炒土豆	Vietnamese Food Festival 越南美食节 Lemongrass Grilled Chicken 越南香茅烤鸡 Rau Xao 炒青菜 Com Rang 炒饭
Daily Asian Special 亚式特式	Korean Fried Chicken with Sweet Chili Sauce 韩式炸鸡配甜辣酱 Kimchi 泡菜 Korean-style Fried Rice Cake 韩式炒年糕	Indonesian Beef with Black Pepper 印尼黑椒牛肉 Sauteed Seasonal Vegetables 清炒时蔬 Steamed Rice 米饭	Hainanese Chicken Rice 海南鸡饭	Braised Pork Rice 台式卤肉饭 Braised Egg 卤蛋 Green Vegetables 白灼蔬菜	Unadon 鳗鱼饭 Sesame Spinach 芝麻菠菜
Noodle Bar 面档	Qishan Pork Sliced Noodles 山西猪肉刀削面	Xinjiang Braised Chicken with Noodles 新疆大盘鸡拉条子	Braised Beef Noodle Soup 红烧牛肉面	Japanese Stir-fried Udon 日式肥牛炒乌冬面	Vietnamese Food Festival 越南美食节 Pho Bo 越南牛肉河粉

WEEKLY MENU



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
Chinese Station -Set Menu 中式	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	Sauteed Beef with King Oyster Mushrooms 杏鲍菇炒牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	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	Braised Pork Meatballs 红烧猪肉丸子 Sauteed Bok Choy with Shiitake Mushrooms 香菇油菜 Steamed Rice 米饭	Crispy Fried Chicken Strips 小酥肉 (鸡肉) Sauteed Cabbage with Tofu 白菜豆腐 Steamed Rice 米饭
Sandwich 三明治	Tuna & Corn Panini 金枪鱼玉米帕尼尼	BLT Sandwiches 培根生菜番茄三明治	Black Pepper Beef Panini 黑椒牛肉帕尼尼	Bacon & Egg Panini 培根鸡蛋帕尼尼	Vietnamese Food Festival 越南美食节 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)
821	47.1	88.8	32.0

WEEKLY MENU



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
Daily Western Special 西式特式	Confit de Canard 法式油封鸭腿 Roasted Mushroom & Snow Peas 烤蘑菇配荷兰豆 Roasted Potato 香烤土豆	Beef & Quinoa Power Bowl 牛排藜麦能量碗	BBQ Ribs 美式烧烤猪大排 Caribbean Vegetable Stew 加勒比慢煮炖菜 Soft Roll 小软包	Beef Lasagna 牛肉千层面 Mixed Vegetables 混合时蔬	Fried Chicken Burger 炸鸡肉巨无霸汉堡 Pickles/Tomato/Cheese/Lettuce 酸黄瓜/番茄/芝士/生菜 French Fries 薯条
Daily Asian Special 亚式特式	Bashu Poached Beef in Hot Chilli Oil 巴蜀水煮牛肉 Shredded Potato with Green Pepper 尖椒土豆丝 Steamed Rice 米饭	Sichuan-style Pepper & Numbing Spicy Chicken 川味椒麻口水鸡 Stir-fried Hangbok Choy 清炒杭白菜 Steamed Rice 米饭	Crispy Chicken Leg 香酥鸡腿 Sauteed Bok Choy 清炒油菜 Fried Rice with Mixed Vegetables 蔬菜炒饭	Hot Spicy Pot 麻辣香锅 Steamed Rice 米饭	Korean-style Bibimbap 韩式石锅拌饭
Noodle Bar 面档	Braised Sparerib Noodles 上海排骨面	Hunan Rice Noodle Soup with Pork 湖南汤米粉	Chongqing Noodles 重庆小面	Anhui Beef Noodles 安徽牛肉板面	Beijing-style Soybean Paste Noodles 老北京炸酱面

WEEKLY MENU



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
Chinese Station -Set Menu 中式	Sweet & Sour Fish 咕咾鱼 Sauteed Bok Choy with Seitan 油菜烧面筋 Steamed Rice 米饭	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	Sauteed Beef with Bell Pepper 彩椒牛肉丝 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭	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	Beijing Roasted Beef 老北京炙子烤牛肉 Sauteed Zucchini 清炒小瓜 Steamed Rice 米饭
Sandwich 三明治	Chicken Panini 鸡肉帕尼尼	Texas Roasted Beef & Cheese Panini 德克萨斯牛肉奶酪帕尼尼	Bacon & Potatoes Pizza 培根土豆披萨	Roasted Chicken Sandwiches 烤鸡肉三明治	Pizza Tonno E Cipolla 意式金枪鱼洋葱披萨
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)
823	47.0	91.5	30.0

WEEKLY MENU



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
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	Baked Fish Fillets with Spinach & Cheese 芝士菠菜焗鱼柳 Broccoli & Cherry Tomato 西兰花小番茄 Garlic Butter Baguette 蒜香牛油法棍	Indian Butter Chicken 印度黄油鸡肉 Sauteed Spinach 炒菠菜 Naan 烤馕	Danish Apple Pork Skillet 丹麦苹果烤猪肉 Sauteed Broccoli with Cauliflower 双色菜花 Poached Potatoes 煮土豆	Mexican Spicy Beef Hot Dog 墨西哥辣牛肉热狗 Mixed Vegetables 混合时蔬 Ketchup/Mustard 番茄沙司/黄芥末 French Fries 薯条
Daily Asian Special 亚式特式	Steamed Fish with Chopped Pepper 剁椒鱼 Stir-fried Bok Choy 小炒上海青 Steamed Rice 米饭	Hakka Salt-baked Chicken 客家盐焗鸡 Sauteed Choy Sum 炒菜心 Steamed Rice 米饭	Fried Pork with Japanese Wasabi Sauce 青芥沙拉汁日式炸猪排 Japanese Pickled Cabbage 日式泡菜 Vegetable Rice Ball 日式蔬菜饭团	Taiwan Three-cup Chicken 台式三杯鸡 Sauteed Cabbage 手撕圆白菜 Steamed Rice 米饭	Hunan Food Festival 湖南美食节 Stir-fried Pork with Chili Peppers 辣椒炒猪肉 Stir-fried Chinese Cabbage 清炒杭白菜 Steamed Rice 米饭
Noodle Bar 面档	Braised Broth Chicken Meatball Noodles 卤汤鸡肉丸子面	Xinjiang Sauteed Noodles with Lamb 新疆羊肉拉条子	Cantonese Fried Rice Noodles with Beef 干炒牛河	Cantonese Dim Sum Platter 广式点心拼盘	Hunan Food Festival 湖南美食节 Hunan Fish Rice Noodle Soup 湖南衡阳鱼肉粉

WEEKLY MENU



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
Chinese Station -Set Menu 中式	Stir-fried Chicken with Mixed Vegetables 五彩鸡丝 Sauteed Bok Choy 清炒油菜 Steamed Rice 米饭	Sweet & Sour Pork Tenderloin 糖醋里脊 Stewed Tofu with Mixed Vegetables 豆腐蔬菜 Steamed Rice 米饭	Braised Beef with Enoki Mushroom 金针菇牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭	Braised Shrimp & Tofu 虾仁豆腐 Sauteed Spinach 炒菠菜 Steamed Rice 米饭	Hunan Food Festival 湖南美食节 Maos Braised Pork 毛氏红烧肉 Wok-fried Cabbage with Carrot 胡萝卜炒卷心菜 Steamed Rice 米饭
Sandwich 三明治	Tuna Panini 金枪鱼帕尼尼	Ham & Mozzarella Cheese Panini 火腿马苏里拉芝士帕尼尼	Black Pepper Beef Panini 黑椒牛肉帕尼尼	Italian Bolognese Pizza 意大利肉酱披萨	Chicken Panini 鸡肉帕尼尼
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)
817	47.1	90.5	29.7

WEEKLY MENU



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
Daily Western Special 西式特式	Deep-fried Fish with Tartar Sauce 英式炸鱼配塔塔汁 Mixed Vegetables 混合时蔬 French Fries 薯条	Argentinian Grilled Chicken with Chimichurri Sauce 阿根廷青酱烧鸡肉 Grilled Bell Pepper, Onion & Eggplant 烤茄子/彩椒/洋葱 Tortilla 面饼	Beef & Chicken Combo Burger 牛肉鸡肉双拼汉堡 Pickes/Tomato/Cheese 酸黄瓜/番茄/芝士 Roasted Potato Wedges 烤薯角	Orleans Roasted Chicken 奥尔良烤鸡 Mixed Vegetables 混合时蔬 Sauteed Potato with Onion 洋葱炒土豆	Chicken Quesadilla 墨西哥鸡肉芝士馅饼 Salsa/ Yogurt Sauce 莎莎酱/酸奶酱
Daily Asian Special 亚式特式	Korean-style Honey Butter Chicken 韩式蜂蜜黄油鸡 Kimchi 泡菜 Korean-style Fried Rice Cake 韩式炒年糕	Wanzhou Roasted Fish 重庆万州烤鱼 Stir-fried Cabbage 炝炒包菜 Steamed 米饭	Dry Pot Pork Chops 干锅炸排骨 Stir-fried Choi Sum 清炒菜心 Steamed 米饭	Japanese-style Grilled Beef Rice 日式烧牛肉饭	Lemongrass Grilled Fish with Lime Soy Sauce 泰式香茅草烤鱼配柠檬酱油汁 Chinese Cabbage with Mushrooms 蘑菇小油菜 Steamed 米饭
Noodle Bar 面档	Curry Beef Spaghetti 咖喱牛肉酱意面	Beef Rice Noodles in Sour Broth 酸汤肥牛米粉	Yunnan Rice Noodles 云南过桥米线	Braise Chicken Leg with Shredded Pork & Green Pepper Noodlese 卤鸡腿尖椒肉丝面	Pork & Vegetable Dumplings 猪肉蔬菜水饺 Egg & Vegetable Dumplings 素水饺

WEEKLY MENU



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
Chinese Station -Set Menu 中式	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
Sandwich 三明治	Bacon & Egg Sandwiches 培根鸡蛋三明治	Cumin Beef Pizza 孜然牛肉披萨	Black Pepper Beef Panini 黑椒牛肉帕尼尼	Roasted Chicken Sandwiches 烤鸡肉三明治	BLT Sandwiches 培根生菜番茄三明治
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