

MENU G2-G12

	Monday 2024-06-03	Tuesday 2024-06-04	Wednesday 2024-06-05	Thursday 2024-06-06	Friday 2024-06-07
Salad/Fruit	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day
Western From The Grill Station	Penne Tomato with Creamy Cheese Sauce 奶油芝士焗面 Stir fry Vegetable 炒时蔬 Allergy: milk, flour, cheese	Chicken and Ham Roll 火腿芝士鸡肉卷 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 Allergy: milk, herb	Chili Con Carne 墨西哥炒牛肉馅 Steamed Black Beans 蒸黑豆 Steamed Rice 米饭 Allergy: beef, pepper, onion, cumin, cajun seasoning, black beans	Chicken Burger 鸡肉汉堡 French Fries 薯条 Allergy: chicken, flour, tomato, cucumber, lettuce, mayonnaise	
Asian From The Wok/Noodle Station	Eggplant and Potato Stewed 地三鲜 Spicy Tofu 麻辣豆腐 Allergy: chili, soya sauce	Beef Teriyaki 日式肥牛饭 Stir fry Cabbage 炒洋白菜 Steamed Rice 米饭 Allergy: beef, flour	Pork Dumplings 猪肉水饺 Cucumber Salad 拌黄瓜 Allergy: wheat, soya sauce	Noodles with Pork Soup 豚骨拉面 boiled Vegetable 煮蔬菜 Allergy: flour, pork	
Vegetarian		Sauteed Potatoes 干锅土豆	Vegetables and Egg Dumplings 蔬菜鸡蛋水饺	Vegetables Burger 蔬菜汉堡	
Soup	Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Borch 罗宋汤	Tomato and Egg Soup 西红柿鸡蛋汤	
Dessert	Swiss Roll 瑞士卷	Mini Muffin 小玛芬	Mousse 木司	Carrot Cake 胡萝卜蛋糕	

Nutritional reading over the week

每周营养分析
Nutritional recommendation 营养建议

Energy 热量 (Kcal)

715
725

Protein 蛋白质 (g)

26
25

Carbohydrate 碳水化合物 (g)

102
100

Fat 脂肪 (g)

16
25

