

MENU G2-G12

	Monday 2024-05-27	Tuesday 2024-05-28	Wednesday 2024-05-29	Thursday 2024-05-30	Friday 2024-05-31
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	Pizza Margherita 芝士比萨	Chicken Schnitzel 炸鸡排	Beef Lasagna 牛肉千层面	Chicken Fajita 墨西哥鸡肉	Wellington Pork Chops 惠灵顿猪排
	Stir fry Vegetable 炒蔬菜 Roasted Potatoes 土豆角 Allergy: flour, cheese, tomato sauce	Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 Allergy: chicken, breadcrumb	Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 Allergy: beef, cheese, onion, pepper, milk	Stir fry Vegetable 炒时蔬 Roasted Potatoes 土豆角 Allergy: Cumin, cajun seasoning, pepper, sour cream, flour	Stir fry Vegetable 炒时蔬 Steamed Rice 米饭 Allergy: soya sauce
Asian From The Wok/Noodle Station	Spicy Noodle 重庆小面 Cucumber拌黄瓜 Fried Eggs 煎鸡蛋 Allergy: wheat, egg, seaweed, sesame	Steamed Rice with Sausage 腊味煲仔饭 Stir fry Beans 干煸豆角 Allergy: soy sauce, oyster sauce	Chicken Curry 咖喱鸡 Stir fry Vegetable 炒时蔬 Steamed Rice 米饭 Allergy: chicken, curry paste, coconut milk	Noodles with Beef Soup 牛肉板面 boiled Vegetable 煮蔬菜 Allergy: flour, beef	Indonesia Fried Rice with Chicken 印尼炒米饭配鸡肉 Stir fry Vegetable 炒时蔬 Shrimp Cracker 虾片 Allergy: samba sauce, onion, egg, ginger, shrimp cracker
	Vegetarian	Steamed Rice with Vegetable 蔬菜煲仔饭	Vegetable Curry 咖喱蔬菜	Vegetable Wrap 蔬菜卷	Frice Rice with Curry 咖喱炒饭
Soup	Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Minestrone 通心粉汤	Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤
Dessert	Banana Bread 香蕉包	Cookies 饼干	Swiss Roll 瑞士卷	Apple Pie 苹果派	Fruit Tart 水果塔
Nutritional reading over the week		Energy 热量 (Kcal)	Protein 蛋白质 (g)	Carbohydrate 碳水化合物 (g)	Fat 脂肪 (g)
每周营养分析		731	26	104	23
Nutritional recommendation 营养建议		725	25	100	25