



# Weekly Menu

23 Sept~27 Sept



Type	Monday	Tuesday	Wednesday	Thursday	Friday
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 Food	Pizza Margherita 芝士比萨 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 土豆角 <i>Allergy: wheat, cheese</i>	Roasted Fish with Lemon Sauce 柠檬烤鱼 Stir fry Vegetable 炒时蔬 Roasted Potatoes 烤土豆 <i>Allergy: fish, soya sauce</i>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: beef, cheese, milk</i>	Chicken Fajita 墨西哥鸡肉 Stir fry Vegetable 炒时蔬 Roasted Potatoes 土豆角 <i>Allergy: wheat, soya sauce</i>	Chicken Schnitzel 炸鸡排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: breadcrumb</i>
Asian Food	Vegetables Curry 咖喱蔬菜 Steamed Vegetable 蒸时蔬 Plain Rice 米饭 <i>Allergy: milk, soya sauce</i>	Spicy Pork Thai Style 泰式猪肉饭 Stir Fried Vegetables 泰式蔬菜 Plain Rice 米饭 <i>Allergy: soya sauce, chili</i>	Hainanese Chicken Rice 海南鸡饭 Stir Fried Cabbage 素炒洋白菜 <i>Allergy: soya sauce, chili</i>	Kimbab 韩式饭卷 Fried Rice Cake 辣炒年糕 <i>Allergy: soya sauce, chili</i>	Thai Fried Rice with Pineapple and Shrimps 泰式虾仁菠萝炒饭 Stir fry Vegetable 炒时蔬 <i>Allergy: shrimp, soy sauce</i>
Noddle Dishes	Spicy Noodle 油泼面 Cucumber 拌黄瓜 Fried Eggs 煎鸡蛋 <i>Allergy: wheat, egg</i>	Deep Fried Chicken Wraps 墨饼夹鸡柳 Stir fry Potatoes 炆土豆丝 <i>Allergy: wheat, soya sauce</i>	Pork Dumplings 猪肉水饺 Mixed Vegetables 素什锦 <i>Allergy: wheat, soy sauce</i>	Noodles with Beef Soup 牛肉板面 boiled Vegetables 煮蔬菜 <i>Allergy: wheat, chili</i>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <i>Allergy: wheat, soy sauce, beef</i>
Vegetarian		Vegetable Rolls 蔬菜卷	Vegetable Dumplings 蔬菜水饺	Vegetable Kimbab 蔬菜饭卷	Spaghetti with Tomato Sauce 番茄意面
Soup	Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Green Pea Soup 绿豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	White Fungus Sweet Soup 银耳红豆羹
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 每周营养分析		Energy 热量 (Kcal) 780	Protein 蛋白质 (g) 27	Carbohydrate 碳水 (g) 105	Fat 脂肪 (g) 23





# Weekly Menu



7 Oct~11 Oct

Type	Monday	Tuesday	Wednesday	Thursday	Friday
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 Food	Parmigiana Eggplant 意式芝士烤茄子 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <i>Allergy: milk, wheat, cheese</i>	Chicken and Ham Roll 火腿芝士鸡肉卷 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: cheese, soy sauce</i>	Chili Con Carne 墨西哥炒牛肉馅 Steamed Black Beans 蒸黑豆 Steamed Rice 米饭 <i>Allergy: beef, soy sauce</i>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <i>Allergy: wheat, mayonnaise</i>	Beef Goulash 红烩牛肉 Stir fry Vegetable 炒时蔬 Steamed Rice 米饭 <i>Allergy: beef, herb</i>
Asian Food	Stir Fried Tomato with Egg 西红柿鸡蛋 Stir Fried Potatoes with Green Pepper 青椒土豆丝 Steamed Rice 米饭 <i>Allergy: egg, soy sauce</i>	Stir Fried Pork with Chili 韩式辣椒炒猪肉 Stir fry Cabbage 炒洋白菜 Steamed Rice 米饭 <i>Allergy: chili</i>	Stir Fried Chicken with Lemon 柠檬炒鸡 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <i>Allergy: soya sauce</i>	Pork stewed with potatoes 猪肉炖土豆 Stir fry Vegetables 炒时蔬 Plain Rice 米饭 <i>Allergy: soy sauce</i>	Indonesia Fried Rice with Chicken 印尼炒米饭配鸡肉 Stir fry Vegetables 炒时蔬 Shrimp Cracker 虾片 <i>Allergy: samba sauce, egg, shrimp cracker</i>
Noodle Dishes	Noodle in Korean Bean Paste or Chili Pasta 韩式炸酱面/火鸡面 Fried Eggs 煎鸡蛋 <i>Allergy: wheat, egg, pork</i>	Noodles with Pork Soup 豚骨拉面 boiled Vegetable 煮蔬菜 <i>Allergy: wheat, pork</i>	Pork Stewed in Pita Bread 白吉馍夹五花肉 Cucumber Salad 拌粉丝黄瓜 <i>Allergy: wheat, soy sauce</i>	Noodles with Seafood Broth 三鲜打卤面 boiled Vegetable 煮蔬菜 <i>Allergy: dried tofu, shrimp, soy sauce</i>	Eggplant with Ground Pork 大饼茄夹 Cabbage Salad 拌洋白菜 <i>Allergy: pork, eggplant</i>
Vegetarian		Noodle with Tomato Sauce 番茄面	Vegetables in Pita Bread 饼夹蔬菜	Noodles in Vegetable Sauce 打卤素面	Fried Rice with Vegetable 蔬菜炒饭
Soup	Tomato and Egg Soup 西红柿鸡蛋汤	Noodle with Tomato Sauce 番茄面	Red Bean Soup 红豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	Tomato and Egg Soup 西红柿鸡蛋汤
Dessert	Banana Bread 香蕉包	Cookies 饼干	Chocolate Cake 巧克力蛋糕	Carrot Cake 胡萝卜蛋糕	Fruit Tart 水果塔
Nutritional reading over the week 每周营养分析		Energy 热量 (Kcal) 769	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 105	Fat 脂肪 (g) 21

