

# Weekly Menu

13 Jan~17 Jan

Monday	Tuesday	Wednesday	Thursday	Friday
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
Pizza Margherita 芝士比萨 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 土豆角 <i>Allergy: wheat, cheese</i>	Pork with Apple Stewed 法式苹果猪 Stir fry Vegetable 炒时蔬 Mashed Sweet Potatoes 红薯泥 <i>Allergy: milk</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 Burger 鸡肉汉堡 French Fries 薯条 <i>Allergy: wheat, mayonnaise</i>	Chicken Schnitzel 炸鸡排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: breadcrumb</i>
Curry Vegetables 咖喱蔬菜 Steamed Egg and Tofu 蒸鸡蛋豆腐 Stir Fried Green Vegetables 清炒快菜 <i>Allergy: egg, soya sauce</i>	Sweet and Sour Chicken 糖醋鸡条 Stir Fried Chinese Cabbage 白菜烧面筋 <i>Allergy: soya sauce, chili</i>	Hainanese Chicken Rice 海南鸡腿饭 Stir Fried Chinese Cabbage with Vermicelli 蒜蓉娃娃菜粉丝 <i>Allergy: soya sauce, chili</i>	Kimbab 韩式饭卷 Japchae 韩式炒杂菜 <i>Allergy: soya sauce, chili</i>	Pork Balls with Egg 虎眼丸子 Stir fry Bean curd 辣炒豆干 Stir Fried Green Vegetables 蒜蓉小白菜 <i>Allergy: egg, soya sauce</i>
Spicy Noodle 油泼面 Cucumber Salad 拌黄瓜 Fried Eggs 煎鸡蛋 <i>Allergy: wheat, egg</i>	Fried Fusilli with Shrimp 虾仁意面 Stir Fried Vegetables 什锦蔬菜 <i>Allergy: wheat, shrimp</i>	Pork Dumplings 猪肉水饺 Mixed Vegetables 素什锦/拌厥根粉 <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</i>
	Fusilli in Tomato Sauce 番茄螺旋面	Vegetable Dumplings 蔬菜水饺	Vegetable Kimbab 蔬菜饭卷	Spaghetti with Tomato Sauce 番茄意面
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
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) 786	Protein 蛋白质(g) 28	Carbohydrate 碳水(g) 105	Fat 脂肪(g) 23

# Weekly Menu

20 Jan~24 Jan

Monday	Tuesday	Wednesday	Thursday	Friday
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
Farfalle with Pesto/Tomato/Cream Mushroom Sauce 意式蝴蝶面 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <u>Allergy: cheese, egg</u>	Chicken Fajita 鸡肉法吉宅 Stir fry Vegetable 炒时蔬 Roasted Potatoes 烤土豆 <u>Allergy: wheat, soya sauce</u>	Chili Con Carne 墨西哥炒牛肉馅 Steamed Black Beans 蒸黑豆 <u>Allergy: beef, soy sauce</u>	Turkish Shawarma 土耳其烤鸡腿肉 French Fries 薯条 <u>Allergy: wheat</u>	Grilled Fish with Black Pepper Sauce 黑椒煎鱼排 Stir fry Vegetable 炒时蔬 Macaroni with Tomato Sauce 番茄意面 <u>Allergy: fish, herb</u>
Stir Fried Tomato with Egg 西红柿鸡蛋 Stir Fried Green Beans 干煸豆角 Steamed Rice 米饭 <u>Allergy: egg, soy sauce</u>	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <u>Allergy: soy sauce, coconut</u>	Stir Fried Chicken with Lemon 柠檬炒鸡 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <u>Allergy: soya sauce</u>	Stir Fried pork with Kimchi 辣白菜炒猪肉 Stir fry Vegetable 炒时蔬 <u>Allergy: coconut, milk</u>	Indonesia Fried Rice with Pork 印尼炒米饭配鸡肉 Stir fry Vegetables 炒时蔬 Shrimp Cracker 虾片 <u>Allergy: samba sauce, egg, shrimp cracker</u>
Stir Fried Noodles Korean Style 辛拉面炒年糕 Stir Fried Vegetables 素炒油菜 <u>Allergy: wheat, egg</u>	Noodles with Pork Soup 豚骨拉面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat, pork</u>	Noodles with Pork in Korean Bean Pasta 韩式炸酱面 Boiled Egg 煮鸡蛋 <u>Allergy: wheat, soy sauce</u>	Noodles with Seafood Broth 三鲜打卤面 boiled Vegetable 煮蔬菜 <u>Allergy: dried tofu, shrimp, soy sauce</u>	Jingjiang Pork in Pita Bread 京酱肉丝配饼 Stir Fried Potatoes 清炒土豆丝 Cucumber Salad 黄瓜拌面藕 <u>Allergy: pork, wheat</u>
	Noodle with Tomato Sauce 番茄面	Noodles with Soybean Paste 炸酱面	Noodles in Vegetable Sauce 打卤素面	Fried Rice with Vegetable 蔬菜炒饭
Laver and Egg Soup 紫菜鸡蛋汤	Pumpkin Soup 南瓜汤	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
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) 30	Carbohydrate 碳水(g) 115	Fat 脂肪(g) 21