

# Weekly Menu (G2-G12) 17~21 Mar

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 <u>Allergy: wheat, cheese</u>	Grilled Chicken with Pesto Sauce 罗勒煎鸡排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: soy sauce</u>	Cottage Pie 牛肉派 Stir fry Vegetables 炒时蔬 <u>Allergy: beef, herb, soy sauce</u>	Pork Stewed with Plum Sauce 西梅猪排 Stir fry Vegetable 炒蔬菜 Roasted Sweet Potatoes 烤地瓜 <u>Allergy: cream, milk</u>	Fish and Chips 鱼条薯条 Vegetable Salad 蔬菜色拉  <u>Allergy: fish, wheat</u>
Eggplant and Potato Stewed 地三鲜 Tofu Stewed 蔬菜炖豆腐 Fried Egg 虎皮鸡蛋 <u>Allergy: soy sauce, egg</u>	Steamed Rice with Vegetables and Sausages 广式腊肠饭 Stir fry Vegetables with Mushroom 香菇油菜 <u>Allergy: soy sauce</u>	Chicken Curry 咖喱鸡 Stir fry Green Vegetables 清炒快菜 Steamed Rice 米饭 <u>Allergy: curry paste, milk</u>	Kung Pao Chicken 宫保鸡丁 Stir Fried Green Beans 干煸豆角 Steamed Rice 米饭 <u>Allergy: chili, leek, soy sauce</u>	Pork Stew 台式卤肉饭 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <u>Allergy: soy sauce</u>
Mixed Doodle and Vegetable in Chili Sauce 重庆小面 Fried Egg 煎鸡蛋 <u>Allergy: egg, sesame, soy sauce</u>	Noodles with Beef Soup 牛肉清汤面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat, soy sauce</u>	Stir Fried Pork with Cumin in Pita Bread 饼夹孜然五花肉 Cucumber Salad 黄瓜拌面藕/素什锦 <u>Allergy: wheat, soya sauce</u>	Fried Noodle with Beef and Vegetables 牛肉炒河粉 Green Vegetables 清炒小白菜 <u>Allergy: soy sauce</u>	Noodle with Chicken soup 川香鸡面 boiled Vegetable 煮蔬菜 <u>Allergy: soya sauce</u>
	Noodle in Tomato Soup 番茄面	Vegetables in Pita Bread 饼夹蔬菜	Stir Fried Rice Noodles with vegetables 素炒河粉	Noodles with Vegetables Soup 蔬菜汤面
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Millet Congee 小米粥	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	Rice balls 糯米糍	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) 30	Carbohydrate 碳水 (g) 106	Fat 脂肪 (g) 25

# Weekly Menu (G2-G12) 24~28 Mar

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
Penne with Pesto/Cream/Tomato Sauce 意大利面 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <u>Allergy: cheese, egg</u>	Beef Goulash 红烩牛肉 Stir fry Vegetable 炒蔬菜 Plain Rice 米饭 <u>Allergy: beef, soy sauce</u>	Meat Loaf 牛肉面包 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <u>Allergy: beef, herb, soy sauce</u>	Chicken Burger 鸡肉汉堡 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 Roasted Potatoes 土豆角 <u>Allergy: fish, soy sauce</u>
Grilled Tofu 香煎豆腐 Stir Fried Cucumber with Egg 苜蓿鸡蛋 Green Vegetables with Mushroom 香菇油菜 Steamed Rice 米饭 <u>Allergy: egg, soy sauce</u>	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 Steamed Rice 米饭 <u>Allergy: chili, soy, garlic</u>	Yuxiang Chicken 鱼香鸡丝 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <u>Allergy: soy sauce</u>	Pork Stewed with Pickled Chinese Cabbage 酸菜白肉 Stir Fried Dried Tofu 素炒香干 <u>Allergy: soy sauce</u>	Bibimbap 韩式拌饭 Boiled Egg 煮鸡蛋 <u>Allergy: soy sauce, egg</u>
Fried Noodles with Vegetables 蔬菜炒河粉 Fried Eggs 煎鸡蛋 <u>Allergy: egg, soy sauce</u>	Noodle with dumplings 广式云吞面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat, soy sauce</u>	Pork Rolls 肉龙 Cucumber Salad 拌黄瓜/拌蕨根粉 <u>Allergy: soy sauce</u>	Stir Fried Rice Noodle with Shrimps 星洲虾仁炒米粉 Stir Fried Vegetables 桑巴蔬菜 <u>Allergy: shrimp, garlic</u>	Pork Stewed in Pita Bread 猪肉白吉馍 Stir Fried Vegetables 什锦蔬菜 <u>Allergy: wheat, soy sauce</u>
	Noodles with Vegetables 蔬菜面	Vegetables Rolls 蔬菜卷	Stir Fried Rice Noodles with Vegetables 素炒米粉	Mixed Rice with Vegetables 蔬菜拌饭
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	Rice balls 糯米糍	Fruit Tart 水果塔
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 779	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 21