

MENU G2-G12

	Monday 2023-08-14	Tuesday 2023-08-15	Wednesday 2023-08-16	Thursday 2023-08-17	Friday 2022-08-18
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	Beef Goulash 红烩牛肉
	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	Steamed Rice 米饭 Allergy: tomato sauce, beef
Asian From The Wok/Noodle Station	Fried Rice Noodle with Egg 鸡蛋炒牛河	Noodle with Beef Soup 牛肉面	Chicken Curry 咖喱鸡	Noodle with Pork and Korean Bean Paste 韩式炸酱面	Indonesia Fried Rice with Chicken 印尼炒米饭配鸡肉
	Cucumber Salad 拌黄瓜 Allergy: egg, sesame	Boiled Vegetable 煮蔬菜 Allergy: beef, flour	Stir fry Vegetable 炒时蔬 Steamed Rice 米饭 Allergy: chicken, curry paste, coconut milk	Stir fry Vegetable 炒时蔬 Allergy: beans, sesame	Stir fry Vegetable 炒时蔬 Shrimp Cracker 虾片 Allergy: samba sauce, onion, egg, ginger, shrimp cracker
Vegetarian		Noodles with Vegetable Soup 蔬菜面	Vegetable Curry 咖喱蔬菜	Noodle with Korean Bean Pasta 韩式炸酱面	Fried Rice with Soya Sauce 酱油炒饭
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