

# MENU G2-G12

	Monday 2023-08-21	Tuesday 2023-08-22	Wednesday 2023-08-23	Thursday 2023-08-24	Friday 2023-08-25
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	Macaroni Tomato with Creamy Cheese Sauce 奶油芝士焗面  Stir fry Vegetable 炒时蔬  Allergy: milk, flour, cheese	Chicken w/ Soya Onion 扒酱油鸡洋葱  Stir fry Vegetable 炒蔬菜  Baked Potatoes with Herb 香草烤土豆  Allergy: onion, herb	Chicken Burger 鸡肉汉堡  French Fries 薯条  Allergy: chicken, flour, tomato, cucumber, lettuce, mayonnaise	Chili Con Carne 墨西哥炒牛肉馅  Steamed Black Beans 蒸黑豆  Steamed Rice 米饭  Allergy: beef, pepper, onion, cumin, cajun seasoning, black beans	Spaghetti Bolognese 肉酱面  Stir fry Vegetable 炒时蔬  Allergy: beef, cheese powder, tomato sauce, herb
Asian From The Wok/Noodle Station	Sauteed Tomato and Egg 西红柿炒鸡蛋  Sliced Potatoes with Pepper 青椒土豆丝  Steamed Rice 米饭  Allergy: wheat, egg	Steamed Rice with Sausage 腊味煲仔饭  Stir fry Vegetable 炒蔬菜  Steamed Rice 米饭  Allergy: wheat, flour	Braised Pork Taiwan Style 台湾卤肉  Stir fry Vegetable 炒蔬菜  Steamed Rice 米饭  Allergy: pork, soya sauce, egg, potato, sugar	Noodles with Pork Soup 豚骨拉面  boiled Vegetable 煮蔬菜  Allergy: flour, pork	Chicken Teriyaki 日式照烧鸡排  Stir fry Cabbage 炒洋白菜  Steamed Rice 米饭  Allergy: Soya sauce, green garlic, ginger, breadcrumb
Vegetarian		Steamed Rice with Vegetable 蔬菜煲仔饭	Vegetable Burger 蔬菜汉堡	Noodles with Vegetable Soup 蔬菜面	Spaghetti with Tomato Sauce 番茄意大利面
Soup	Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Borch 罗宋汤	Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤
Dessert	Swiss Roll 瑞士卷	Mini Muffin 小玛芬	Mousse 木司	Carrot Cake 胡萝卜蛋糕	Chocolate Cake 巧克力蛋糕
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		715	26	102	16
Nutritional recommendation 营养建议		725	25	100	25