

MENU G3 - G12

	Monday 2024-04-15	Tuesday 2024-04-16	Wednesday 2024-04-17	Thursday 2024-04-18	Friday 2023-04-19
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	Italian Baked Rice with Vegetables and Cheese 意大利蔬菜芝士焗饭 Stir fry Vegetable 炒蔬菜 Allergy: milk, peas	Chicken Schnitzel 炸鸡排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 Allergy: chicken, breadcrumb	Pan-fried beef balls with gravy 牛肉丸配肉汁 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 Allergy: beef, pepper, onion	Hot Dog 热狗 Stir fry Vegetable 炒时蔬 French Fries 薯条 Allergy: pork, wheat, onion	Beef Goulash 红烩牛肉 Stir fry Vegetable 炒时蔬 Steamed Rice 米饭 Allergy: beef, soya sauce
Asian From The Wok/Noodle Station	Noodle with Tomato and Egg Sauce 西红柿鸡蛋面 Stir Fried Potatoes with Green Pepper 青椒土豆丝 Allergy: wheat, egg	Noodle with Beef Soup 牛肉面 Boiled Vegetable 煮蔬菜 Allergy: beef, flour	Kimbab 韩式饭卷 Fried Rice Cake 辣炒年糕 Allergy: seaweed, sesame, kimchi	Pork Chop with Curry Sauce 咖喱猪排饭 Stir fry Vegetable 炒时蔬 Allergy: soya sauce, curry paste	Hainanese Chicken Rice 海南鸡饭 Stir Fried Cabbage 素炒洋白菜 Allergy: soya sauce, chili
Vegetarian		Noodles with Vegetable Soup 蔬菜面	Vegetable rice rolls 蔬菜饭卷	Vegetable Curry 咖喱蔬菜	Stir Fried Cabbage 素炒洋白菜
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