

# MENU G3-G12

	Monday 2024-04-22	Tuesday 2024-04-23	Wednesday 2024-04-24	Thursday 2024-04-25	Friday 2024-04-26
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	Basil and Pine Nut Noodles 罗勒松子面  Stir fry Vegetable 炒时蔬  Allergy: milk,cheese, Pine nuts	Grilled Chicken with Pepper Sauce 黑椒汁煎鸡排  Stir fry Vegetable 炒时蔬  Sauteed Potatoes with Onion 洋葱炒土豆  Allergy: onion, black pepper sauce	Meat Loaf 牛肉面包  Stir fry Vegetable 炒时蔬  Mashed Potatoes 土豆泥  Allergy: beef, herb, soya sauce	Chicken Burger 鸡肉汉堡  French Fries 薯条  Allergy: chicken, flour, mayonnaise	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 Egg with Vegetable 鱼香鸡蛋  Deep Fried Beans 干煸豆角  Steamed Rice 米饭  Allergy: wheat, egg	Braised Pork Taiwan Style 台湾卤肉  Stir fry Vegetable 炒蔬菜  Steamed Rice 米饭  Allergy: pork, soya sauce,egg	Kung Pao Chicken 宫保鸡丁  Cauliflower with Tomato Sauce 番茄菜花  Steamed Rice 米饭  Allergy: chili, leek, soya sauce	Noodle with Pork in Korean Bean Paste or Chili Pasta 韩式炸酱面/火鸡面  Fried Eggs 煎鸡蛋  Allergy: egg, bean	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		Stir Fried Potatoes with Carrots 炒土豆胡萝卜	Kung Pao Vegetable 宫保蔬菜	Korean vegetable miso soup 蔬菜大酱汤	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





