

# MENU G2-G12

	Monday 2024-05-06	Tuesday 2024-05-07	Wednesday 2024-05-08	Thursday 2024-05-09	Friday 2024-05-10
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	Penne Tomato with Creamy Cheese Sauce 奶油芝士焗面  Stir fry Vegetable 炒时蔬  Allergy: milk, flour, cheese	Chicken and Ham Roll 火腿芝士鸡肉卷  Stir fry Vegetable 炒蔬菜  Roasted Potatoes 烤土豆  Allergy: milk, herb	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	Chicken Burger 鸡肉汉堡  French Fries 薯条  Allergy: chicken, flour, tomato, cucumber, lettuce, mayonnaise	Plum Pork Chops 西梅猪排  Stir fry Vegetable 炒时蔬  Mashed Potatoes 土豆泥  Allergy: pork, plum, cream
Asian From The Wok/Noodle Station	Eggplant and Potato Stewed 地三鲜  Spicy Tofu 麻辣豆腐  Allergy: chili, soya sauce	Beef Teriyaki 日式肥牛饭  Stir fry Cabbage 炒洋白菜  Steamed Rice 米饭  Allergy: beef, flour	Pork Dumplings 猪肉水饺  Cucumber Salad 拌黄瓜  Allergy: wheat, soya sauce	Noodles with Pork Soup 豚骨拉面  boiled Vegetable 煮蔬菜  Allergy: flour, pork	Sauteed Chicken with Chili 辣子鸡  Stir fry Vegetable 炒蔬菜  Steamed Rice 米饭  Allergy: Soya sauce, garlic, ginger
Vegetarian		Sauteed Potatoes 干锅土豆	Vegetables and Egg Dumplings 蔬菜鸡蛋水饺	Vegetables Burger 蔬菜汉堡	Stir Fried Zucchini 素炒西葫
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

