

MENU G2-G12

	Monday 2024-05-20	Tuesday 2024-05-21	Wednesday 2024-05-22	Thursday 2024-05-23	Friday 2024-05-24
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	Stir Fried Rice Noodles with Vegetables 星洲炒米粉 Fried Eggs 煎鸡蛋 Allergy: 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

