

Weekly Menu (G3-G12) 22-26 Sept

Monday	Tuesday	Wednesday	Thursday	Friday
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
Baked Rice with Vegetables, Egg and Cheese in Black Pepper Sauce 黑椒芝士鸡蛋焗饭 Stir fry Vegetables 炒蔬菜 <u>Allergy: egg, cheese, soy sauce</u>	Grilled Chicken with Onion Sauce 煎鸡排洋葱汁 Stir fry Vegetable 炒蔬菜 Mashed Potatoes 土豆泥 <u>Allergy: soy sauce</u>	Cottage Pie 牛肉派 Stir fry Vegetables 炒时蔬 <u>Allergy: beef, cheese, soy sauce</u>	Pork Stewed with Plum Sauce 西梅猪排 Stir fry Vegetable 炒蔬菜 Mashed Sweet Potatoes 红薯泥 <u>Allergy: cream, milk</u>	Fish and Chips 鱼条薯条 Vegetable Salad 蔬菜色拉 <u>Allergy: fish, wheat</u>
Eggplant and Potato Stewed 地三鲜 Stir Fried Green Vegetables 清炒小白菜 Fried Egg 虎皮鸡蛋 <u>Allergy: soy sauce, egg</u>	Steamed Rice with Vegetables and Sausages 广式腊肠饭 Stir fry Vegetables with Mushroom 香菇油菜 <u>Allergy: soy sauce</u>	Pork Bulgogi 韩式炒猪肉 Stir Fried Cabbage 韩式洋白菜 <u>Allergy: sesame, soy sauce</u>	Kung Pao Chicken 宫保鸡丁 Steamed Vegetables with Garlic 蒜蓉蒸时蔬 Steamed Rice 米饭 <u>Allergy: chili, leek, soy sauce</u>	Taiwanese Braised Pork Rice 台式卤肉饭 Stir fry Vegetables 炒时蔬 <u>Allergy: soy sauce</u>
Stir Fried Rice Noodle with Vegetable and Egg 广式蔬菜鸡蛋炒河粉 Green Vegetables 清炒蔬菜 <u>Allergy: egg, soy sauce</u>	Noodles with Beef Soup 牛肉清汤面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat, soy sauce</u>	Chinese Fried Noodle with Cabbage, Carrot and Braised Chicken Leg 中式炒面配炖鸡腿 <u>Allergy: wheat, soy sauce</u>	Oat Noodles with Fish in Tomato Soup 番茄莜面鱼鱼 Green Vegetables 煮蔬菜 <u>Allergy: wheat, soy sauce</u>	Noodles with Chicken soup 川香鸡面 boiled Vegetable 煮蔬菜 <u>Allergy: soy sauce</u>
	Fried Rice with Cucumber, Carrot and Corn 蔬菜炒饭	Chinese Fried Noodle with Cabbage and Carrot 蔬菜炒面	Oat Noodles in Tomato Soup 番茄莜面	Braised Diced Potatoes, Carrots, Broccoli and Corn 炖土豆蔬菜
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Millet Congee 小米粥	Vegetable and Egg Soup 蔬菜鸡蛋汤	White Fungus Sweet Soup 银耳红豆羹
Banana Bread 香蕉包	Cookies 饼干	Swiss Roll 瑞士卷	Rice balls 糯米糍	Fruit Tart 水果塔
Nutritional reading over the week 每周营养分析	Energy 热量(Kcal) 786	Protein 蛋白质(g) 30	Carbohydrate 碳水(g) 106	Fat 脂肪(g) 25

Weekly Menu (G3-G12) 7-10 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
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
	Beef Goulash 红烩牛肉 Stir fry Vegetable 炒蔬菜 Plain Rice 米饭 <u>Allergy: beef, soy sauce</u>	Meat Loaf 牛肉面包 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <u>Allergy: beef, herb, soy sauce</u>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <u>Allergy: wheat</u>	Grilled Fish with Black Pepper Sauce 黑椒煎鱼排 Stir fry Vegetable 炒时蔬 Roasted Potatoes 土豆角 <u>Allergy: fish, soy sauce</u>
	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 Steamed Rice 米饭 <u>Allergy: chili, soy, garlic</u>	Yuxiang Chicken 鱼香鸡丝 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <u>Allergy: soy sauce</u>	Teriyaki pork 日式照烧猪肉盖饭 Stir fry Vegetable 炒时蔬 <u>Allergy: soy sauce</u>	Fried Chicken, Curry Omelette Rice 炸鸡块咖喱蛋包饭 Stir Fried Vegetables 清炒时蔬 <u>Allergy: egg</u>
	Noodle with dumplings 广式云吞面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat, soy sauce</u>	Biangbiang Noodles with Ground Pork Biangbiang 面 Stir Fried Tomato with Egg 西红柿炒鸡蛋 <u>Allergy: egg, sesame, soy sauce</u>	Stir Fried Rice Noodle with Shrimps 星洲虾仁炒米粉 Stir Fried Vegetables with Sambal 桑巴蔬菜 <u>Allergy: shrimp, garlic</u>	Stir Fried Pork in Pita Bread 白吉馍夹五花肉 Cucumber Salad 黄瓜拌面藕/素什锦 <u>Allergy: wheat, soy sauce</u>
	Ratatouille 意大利炖蔬菜	Biangbiang Noodles with Tomato and Egg Sauce Biangbiang 面	Stir Fried Rice Noodles with Vegetables 素炒米粉	Mixed Vegetables Curry 咖喱蔬菜
	Pumpkin Soup 南瓜汤	Red Bean Soup 红豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	Tomato and Egg Soup 西红柿鸡蛋汤
	Cookies 饼干	Chocolate Cake 巧克力蛋糕	Rice balls 糯米糍	Fruit Tart 水果塔
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 779	Protein 蛋白质 (g) 29	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 23