

Weekly Menu (G3-G12) 8~12 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
Macaroni with Pesto/Tomato/Cream Mushroom Sauce 意式通心面 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <u>Allergy: cheese, egg</u>	Pork with Apple Stewed 法式苹果炖猪肉 Stir fry Vegetable 炒时蔬 Mashed Sweet Potatoes 红薯泥 <u>Allergy: milk</u>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: beef, milk, soy sauce</u>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <u>Allergy: wheat</u>	Chicken Schnitzel 炸鸡排 Stir fry Vegetable 炒蔬菜 Roasted Sweet Potatoes 地瓜条 <u>Allergy: breadcrumb</u>
Kimbab 韩式饭卷 Kimchi 辣白菜 <u>Allergy: egg, seaweed</u>	Stir Fried Chicken with Black Pepper Sauce 黑椒鸡片 Stir Fried Chinese Cabbage 白菜烧面筋 <u>Allergy: soy sauce, chili</u>	Hainanese Chicken Thigh 海南鸡腿饭 Stir Fried Chinese Cabbage with Vermicelli 蒜蓉娃娃菜粉丝 <u>Allergy: soy sauce, chili</u>	Spicy Ground Pork Thai Style 泰式猪肉饭 Stir fry Vegetables 泰式蔬菜 <u>Allergy: soy sauce, chili</u>	Pork Balls with Egg 虎眼丸子 Stir fry Bean curd 辣炒豆干 Stir Fried Green Vegetables 蒜蓉青菜 <u>Allergy: egg, soy sauce</u>
Oil-Splashed Noodles 油泼面 Cucumber Salad 拌黄瓜 Fried Eggs 煎鸡蛋 <u>Allergy: wheat, egg</u>	Noodles with Fish and Pickled Mustard Greens in Sour Soup 酸菜鱼面 Green Vegetables 煮蔬菜 <u>Allergy: wheat, fish</u>	Pork Dumplings 猪肉水饺 Mixed Vegetables 素什锦/拌厥根粉 <u>Allergy: wheat, soy sauce</u>	Noodles with Beef Soup 牛肉板面 boiled Vegetables 煮蔬菜 <u>Allergy: wheat, chili</u>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, soy sauce</u>
	Picked Mustard Greens Noodle Soup 酸菜汤面 <u>Allergy: wheat</u>	Vegetable Dumplings 蔬菜水饺 <u>Allergy: wheat, soy sauce</u>	Happy Cow Burger (spicy bean-based patty) 豆子蔬菜汉堡 <u>Allergy: wheat, chickpea</u>	Spaghetti with Tomato Sauce 番茄意面 <u>Allergy: wheat, soy sauce</u>
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Green Pea Soup 绿豆汤	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	Apple Pie 苹果派	Fruit Tart 水果塔
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 789	Protein 蛋白质 (g) 29	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 25

Weekly Menu (G3-G12) 15~19 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
Pizza Margherita 芝士比萨 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 土豆角 <u>Allergy: wheat, cheese</u>	Chicken Fajita 鸡肉法吉它 Stir fry Vegetable 炒时蔬 Roasted Potatoes 烤土豆 <u>Allergy: wheat, soya sauce</u>	Chili Con Carne 墨西哥炒牛肉馅 Steamed Black Beans 蒸黑豆 <u>Allergy: beef, soy sauce</u>	Turkish Shawarma 土耳其烤鸡腿肉 French Fries 薯条 <u>Allergy: wheat, soy sauce</u>	Beef Balls in Tomato Sauce 番茄汁牛肉丸 Stir fry Vegetable 炒蔬菜 Mashed Potatoes 土豆泥 <u>Allergy: beef, soya sauce</u>
Stir Fried Tomato with Egg 西红柿鸡蛋 Sauteed Spicy String Beans 干煸豆角 Steamed Rice 米饭 <u>Allergy: egg, soy sauce</u>	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <u>Allergy: soy sauce, coconut</u>	Thai Basil Stir- Fried Chicken 泰式罗勒炒鸡肉 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <u>Allergy: soya sauce</u>	Stir Fried pork with Kimchi 辣白菜炒猪肉 Stir fry Vegetables 炒时蔬 <u>Allergy: soy sauce</u>	Honey-Glazed Char Siu Pork 蜜汁叉烧肉 Spicy Dry-pot Cauliflower 干锅菜花 Stir Fry Green Vegetables 清炒蔬菜 <u>Allergy: soy sauce, chili</u>
Spicy Ramen with Cheese 芝士辛拉面 Boiled Egg 煮鸡蛋 <u>Allergy: wheat, egg</u>	Tonkotsu Ramen 豚骨拉面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat, pork</u>	Noodles with Pork in Korean Bean Pasta 韩式炸酱面 Boiled Egg 煮鸡蛋 <u>Allergy: wheat, soy sauce, egg</u>	Pad Thai with Shrimp 泰式炒河粉 Fried Mixed Vegetable 炒蔬菜 <u>Allergy: shrimp, soy sauce, peanut</u>	Grilled Chicken in Pita Bread 烧饼夹鸡肉 Stir Fried Potatoes 清炒土豆丝 Tossed Kelp Shreds 拌海带丝 <u>Allergy: wheat, soy sauce</u>
	Noodle with Tomato Sauce 番茄面 <u>Allergy: wheat</u>	Noodles with Soybean Paste 炸酱面 <u>Allergy: wheat, soybean</u>	Pad Thai with Vegetables 泰式炒河粉 <u>Allergy: soy sauce, peanut</u>	Spicy Dry-Pot Cauliflower 干锅菜花 <u>Allergy: soy sauce, chili</u>
Laver and Egg Soup 紫菜鸡蛋汤	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
Banana Bread 香蕉包	Cookies 饼干	Chocolate Cake 巧克力蛋糕	Carrot Cake 胡萝卜蛋糕	Fruit Tart 水果塔
Nutritional reading over the week 每周营养分析	Energy 热量(Kcal) 776	Protein 蛋白质(g) 32	Carbohydrate 碳水(g) 116	Fat 脂肪(g) 22