

# Weekly Menu (G3-G12) 12-16 Jan

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: cheese, egg (served on the side)</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</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>
Vegetables Curry Omelette Rice 咖喱蔬菜蛋包饭 Stir Fried Vegetables 清炒时蔬 <u>Allergy: egg (served on the side)</u>	Steamed Rice with Vegetables and Sausages 广式腊肠饭 Stir fry Vegetables with Mushroom 香菇油菜 <u>Allergy: mushroom</u>	Teriyaki pork 日式照烧猪肉盖饭 Stir fry Vegetable 炒时蔬 <u>Allergy: 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: soy sauce, peanut</u>	Kimbab 韩式饭卷 Japchae 韩式炒杂菜 <u>Allergy: egg, seaweed</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</u>	Noodles with pork in Soybean paste 炸酱面 Mixed Vegetables 拌蔬菜 <u>Allergy: soybean, wheat</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</u>	Noodles and Vegetables in Chicken Broth 川香鸡面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat</u>
	Fried Rice with Cucumber, Carrot and Corn 蔬菜炒饭	Noodles with Soybean Paste 炸酱面	Stir Fried Rice Noodles with Vegetables 素炒米粉	Vegetables Teriyaki with Rice 照烧蔬菜饭
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	Strawberry Mousse 草莓慕斯	Rice balls 糯米糍	Chocolate Cookies 巧克力饼干
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) 109	Fat 脂肪(g) 25

# Weekly Menu (G3-G12) 19-23 Jan

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
Penne with Pesto/Cream/Tomato Sauce 意大利面 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <u>Allergy: cheese, egg (served on the side)</u>	Beef Goulash 红烩牛肉 Stir fry Vegetable 炒蔬菜 Plain Rice 米饭 <u>Allergy: beef, soy sauce</u>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: beef, milk, wheat</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</u>
Bibimbap 韩式拌饭 Boiled Egg 煮鸡蛋 <u>Allergy: egg (served on the side)</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>	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 Steamed Rice 米饭 <u>Allergy: soy sauce</u>	Stir Fried Beef and Mushroom with Black Pepper Sauce 黑椒杏鲍菇炒牛肉 Yuxiang Eggplants 鱼香茄子 Stir fry Vegetables 炒时蔬 <u>Allergy: mushroom</u>	Taiwanese Braised Pork Rice 台式卤肉饭 Stir fry Vegetables 炒时蔬 <u>Allergy: soy sauce</u>
Chongqing Spicy Noodles 重庆小面 Fried Egg 煎鸡蛋 <u>Allergy: sesame, soy sauce, egg (served on the side)</u>	Noodle with dumplings 广式云吞面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat</u>	Biangbiang Noodles with Ground Pork Biangbiang 面 Stir Fried Tomato with Egg 西红柿炒鸡蛋 <u>Allergy: egg, sesame, wheat</u>	Stir Fried Pork in Pita Bread 京酱肉丝/辣椒炒肉配荷叶饼 Mixed Vegetables 混合蔬菜/拌面藕 <u>Allergy: wheat</u>	Japanese Udon with Chicken 乌冬面 Green Vegetables 炒时蔬 <u>Allergy: wheat</u>
	Ratatouille 意大利炖蔬菜	Biangbiang Noodles with Tomato and Egg Sauce Biangbiang 面	Yuxiang Eggplants 鱼香茄子	Japanese Udon with Vegetables 乌冬面
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	Rice balls 糯米糍	Mango Mousse 芒果慕斯
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) 110	Fat 脂肪(g) 23