

Weekly Menu (G3-G12) 26-30 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
Pizza Margherita 芝士比萨 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: wheat, cheese</u>	Fish Stewed with Cream Sauce 蒜香奶油龙利鱼 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <u>Allergy: milk, fish</u>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Hot Dog 热狗 French Fries 薯条 <u>Allergy: wheat</u>	Chicken Schnitzel with Black Pepper Sauce 黑椒鸡排 Stir fry Vegetable 炒时蔬 Pasta 意大利面 <u>Allergy: wheat</u>
Stir Fried Eggplant and Potato 茄子炖土豆 Stir Fried Tofu with Chinese Cabbage 白菜爆豆腐 Fried Egg 虎皮鸡蛋 <u>Allergy: soy sauce, tofu, egg (served on the side)</u>	Stir Fried Rice with Pork Sausage and Egg 腊肠蛋炒饭 Stir Fry Cabbage with Chili 手撕包菜 <u>Allergy: soy sauce, egg</u>	Chicken Stewed with Coconut Sauce 马来西亚椰浆鸡肉饭 Stir fry Vegetable 炒时蔬 <u>Allergy: coconut, milk</u>	Sweet and Sour Chicken 糖醋鸡柳 Stir fry Sliced Potato with Green Pepper 青椒土豆片 Green Vegetables 清炒快菜 <u>Allergy: garlic, soy sauce</u>	Pork Stew with Quail Eggs and Potatoes 五花肉炖土豆鹌鹑蛋 Stir Fried Chinese Cabbage and Tofu 白菜烩冻豆腐 <u>Allergy: soy sauce, egg</u>
Stir Fried Rice Noodle with Vegetables and Egg 蔬菜鸡蛋炒面 Green Vegetables 清炒蔬菜 <u>Allergy: wheat, egg (served on the side)</u>	Popcorn Chicken Wrap 鸡米花卷饼 Mixed Vegetables 混合蔬菜/拌三丝 <u>Allergy: wheat</u>	Pork Dumplings 猪肉水饺 Stir Fried Cabbage 麻酱面藕/洋白菜 <u>Allergy: sesame, wheat</u>	Beef Pho 越南牛肉粉 Stir Fry Green Vegetables 炒青菜 <u>Allergy: chili</u>	Noodles with Fish Ball Soup 鱼丸面 Boiled Vegetable 煮蔬菜 <u>Allergy: wheat, fish</u>
	Vegetables Wrap 蔬菜卷	Vegetable Dumplings 蔬菜水饺	Rice Noodles in Vegetable Soup 河粉蔬菜汤	Noodles in Tomato Soup 番茄汤面
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Red Bean and Job's Tears Soup 红豆薏米水	Vegetable and Egg Soup 蔬菜鸡蛋汤	Sweet Potato Congee 红薯粥
Cream Puff 奶油泡芙	Doughnuts 甜甜圈	Banana Bread 香蕉包	Cookies 卡通饼干	Strawberry Mousse 草莓慕斯
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 790	Protein 蛋白质 (g) 30	Carbohydrate 碳水(g) 116	Fat 脂肪(g) 26

Weekly Menu (G3-G12) 02-06 Feb

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
Spaghetti with Pesto/Tomato/Cream Mushroom Sauce 意面配罗勒/番茄/奶油蘑菇汁 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 烤鸡蛋 <u>Allergy: cheese, mushroom, egg (served on the side)</u>	Chicken Quesadilla 芝士鸡肉饼 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: wheat, cheese</u>	Nacho Fries with Ground beef 墨西哥风味肉酱芝士土豆条 Stir fry Vegetable 炒蔬菜 <u>Allergy: soy sauce, milk</u>	Beef Burger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat</u>	Chicken Cordon Bleu 蓝带鸡排 Stir fry Vegetable 炒蔬菜 Sweet Potatoes Sticks 红薯条 <u>Allergy: breadcrumb</u>
Stir Fried Tomato with Egg 西红柿炒鸡蛋 Sautéed Spicy String Beans 干煸豆角 Steamed Rice 米饭 <u>Allergy: egg, soy sauce</u>	Fish Fillet Curry 咖喱鱼排 Stir Fried Green Vegetables 清炒蔬菜 Steamed Rice 米饭 <u>Allergy: fish</u>	Chicken Teriyaki 日式照烧鸡排 Stir Fried Vegetables 炒时蔬 <u>Allergy: wheat</u>	Orleans-Style Roasted Chicken Legs 奥尔良烤鸡腿 Spicy Dried Bean Curd 麻辣豆干 Green Vegetables 清炒快菜 <u>Allergy: soy sauce</u>	Stir Fried Pork Slices with Lemongrass 香茅炒猪肉 Stir fry Sliced Potato 风味土豆片 Stir Fried Mixed Vegetables 泰式蔬菜 <u>Allergy: soy sauce</u>
Noodles with Vegetables in Soybean paste Korean Style 韩式炸酱面 Boiled Egg 煮鸡蛋 <u>Allergy: soybean, wheat, egg (served on the side)</u>	Noodles with Ground Pork 猪肉臊子面 boiled Vegetables 煮蔬菜 Boiled Egg 卤鸡蛋 <u>Allergy: wheat, egg</u>	Tteokbokki with Pork and Cheese 芝士猪肉炒年糕 Cabbage Salad Korean Style 韩式拌洋白菜 <u>Allergy: cheese</u>	Rice Noodles with Fish in Tomato Soup 番茄鱼面 Boiled Vegetables 煮蔬菜 <u>Allergy: fish</u>	Spicy Hot Pot 麻辣拌 Noodle 面条 <u>Allergy: wheat</u>
	Noodles with Vegetable Sauce 蔬菜面	Tteokbokki with Cheese 芝士炒年糕	Noodles with Vegetables 蔬菜面	Spicy Vegetables 麻辣蔬菜
Laver and Egg Soup 紫菜鸡蛋汤	Pumpkin Soup 南瓜汤	Red Bean Soup 红豆汤	Cream Corn Soup 奶油玉米汤	Tomato and Egg Soup 西红柿鸡蛋汤
Mochi 糯米糍	Cookies 饼干	Banana Bread 香蕉包	Carrot Cake 胡萝卜蛋糕	Chocolate Cake 巧克力蛋糕
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 792	Protein 蛋白质 (g) 32	Carbohydrate 碳水(g) 119	Fat 脂肪(g) 29