

Weekly Menu (G3-G12) 9-13 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
Chole with Chickpeas and Tomatoes 鷹嘴豆咖喱 Mixed Vegetable Curry 咖喱蔬菜 <u>Allergy: chickpea</u>	Pork Balls Stewed with Tomato Sauce 番茄猪肉丸 Stir fry Vegetable 炒蔬菜 Mashed Potatoes 土豆泥 <u>Allergy: milk</u>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: milk, wheat</u>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <u>Allergy: wheat</u>	Grilled Chicken Thigh with Black Pepper Sauce 黑椒煎鸡腿肉 Stir fry Vegetable 炒时蔬 <u>Allergy: soy sauce</u>
Kimbab 韩式饭卷 Japchae 韩式炒杂菜 <u>Allergy: egg, seaweed</u>	Indonesia Fried Rice with Chicken Kebab 印尼炒米饭配鸡肉串 Stir fry Vegetables 炒时蔬 Shrimp Cracker 虾片 <u>Allergy: samba sauce</u>	Hainanese Chicken Thigh 海南鸡腿饭 Stir Fried Chinese Cabbage with Vermicelli 蒜蓉娃娃菜粉丝 <u>Allergy: chili, soy sauce</u>	Spicy Ground Pork Thai Style 泰式猪肉饭 Stir fry Vegetables 泰式蔬菜 <u>Allergy: fish sauce, chili</u>	Pork Stewed with Pickled Chinese Cabbage 酸菜白肉 Stir fry Mushroom 干煸杏鲍菇 <u>Allergy: mushroom</u>
Oil-Splashed Noodles 油泼面 Cucumber Salad 拌黄瓜 Fried Eggs 煎鸡蛋 <u>Allergy: wheat, egg</u>	Rice Noodles / Rice with Fish in Pickled Mustard Greens Soup 酸菜鱼粉/饭 Green Vegetables 煮蔬菜 <u>Allergy: fish</u>	Noodles with Seafood Broth 三鲜打卤面 boiled Vegetable 煮蔬菜 <u>Allergy: shrimp, wheat</u>	Noodles with Beef Soup 牛肉板面 boiled Vegetables 煮蔬菜 <u>Allergy: wheat</u>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat</u>
	Indonesia Fried Rice with Vegetables 蔬菜炒饭 <u>Allergy: soy sauce</u>	Noodles in Vegetable Sauce 打卤素面 <u>Allergy: wheat</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</u>
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 卡通饼干	Cream Puff 奶油泡芙	Carrot Cake 胡萝卜蛋糕	Mochi 麻团
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 789	Protein 蛋白质 (g) 33	Carbohydrate 碳水 (g) 110	Fat 脂肪 (g) 25

Weekly Menu (G3-G12) 23-27 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 意大利面搭配罗勒/番茄/奶油蘑菇汁 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 烤鸡蛋 <u>Allergy: cheese, egg (served on the side)</u>	Cajun Grilled Fish with Cheese 卡真芝士烤鱼 Baked Vegetables 烤时蔬 Roasted Potatoes 烤土豆 <u>Allergy: fish, cheese</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</u>	Chicken Schnitzel 炸鸡排 Stir fry Vegetable 炒蔬菜 Roasted Sweet Potatoes 烤地瓜 <u>Allergy: wheat</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>	Ground Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <u>Allergy: coconut milk</u>	Stir Fried Chicken with Black Pepper Sauce 黑椒鸡片 Stir Fried Chinese Cabbage 白菜烧面筋 <u>Allergy: milk</u>	Stir Fried pork with Kimchi 辣白菜炒猪肉 Stir fry Vegetables 炒时蔬 <u>Allergy: soy sauce</u>	Sweet and Sour Fish 糖醋鱼片 Stir fry Mushroom with Chili 干锅杏鲍菇 Stir Fried Cabbage 清炒洋白菜 <u>Allergy: garlic, soy sauce, fish</u>
Spicy Ramen with Cheese 芝士辛拉面 Boiled Egg 煮鸡蛋 <u>Allergy: wheat, egg (served on the side)</u>	Grilled Chicken in Pita Bread 烧饼夹鸡肉 Stir Fried Potatoes 清炒土豆丝 Tossed Kelp Shreds 海带丝 <u>Allergy: wheat</u>	Pork Dumplings 猪肉水饺 Mixed Vegetables 什锦菜/厥根粉 <u>Allergy: wheat</u>	Noodles with Beef Broth 牛肉面 Boiled Vegetable 煮蔬菜 <u>Allergy: wheat</u>	Tonkotsu Ramen 豚骨拉面 boiled Vegetables 煮蔬菜 <u>Allergy: wheat</u>
	Vegetables Curry 咖喱蔬菜 <u>Allergy: coconut milk</u>	Vegetable Dumplings 蔬菜水饺 <u>Allergy: wheat</u>	Noodles with Tomato Soup 番茄面 <u>Allergy: soy sauce</u>	Stir Fried Mushroom with Chili 干锅杏鲍菇 <u>Allergy: soy sauce</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
Cream Puff 奶油泡芙	Donuts 甜甜圈	Chocolate Cake 巧克力蛋糕	Banana Bread 香蕉包	Cookies 卡通饼干
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) 24