

# Weekly Menu (G2-G12) 18-22 May

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| Seasonal Fresh Salad Bar<br>Fruit of the Day   | Seasonal Fresh Salad Bar<br>Fruit of the Day   | Seasonal Fresh Salad Bar<br>Fruit of the Day  | Seasonal Fresh Salad Bar<br>Fruit of the Day   | Seasonal Fresh Salad Bar<br>Fruit of the Day   |
| Chole with Chickpeas and Tomatoes<br>鹰嘴豆咖喱<br>Mixed Vegetable Curry<br>咖喱蔬菜<br><u>Allergy: chickpea</u>    | Pork Balls Stewed in Tomato Sauce<br>番茄猪肉丸<br>Stir fry Vegetable 炒蔬菜<br>Mashed Potatoes 土豆泥<br><u>Allergy: milk</u>                    | Beef Lasagna<br>牛肉千层面<br>Stir fry Vegetable 炒蔬菜<br>Roasted Potatoes<br>烤土豆<br><u>Allergy: milk, wheat</u>   | Fish and Chips<br>鱼条薯条<br>Vegetable Salad 蔬菜色拉<br><br><u>Allergy: fish, wheat</u>                            | Cola-Braised Chicken Cutlet<br>可乐鸡排<br>Stir fry Vegetable 炒时蔬<br><u>Allergy: soy sauce</u>                         |
| Kimbap<br>韩式饭卷<br>Japchae<br>韩式炒杂菜<br><u>Allergy: egg, seaweed</u>   | Indonesia Fried Rice with Chicken Kebab<br>印尼炒米饭配鸡肉串<br>Stir fry Vegetables<br>炒时蔬<br>Shrimp Cracker 虾片<br><u>Allergy: samba sauce</u> | Deep Fried Chicken Leg<br>香酥鸡腿<br>Steamed Chinese Cabbage<br>蒜蓉娃娃菜<br><u>Allergy: wheat</u>                 | Tomato Curry Beef<br>番茄咖喱牛肉<br>Stir fry Vegetables<br>炒时蔬<br>Steamed Rice 米饭<br><u>Allergy: coconut milk</u> | Pork Stewed with Pickled Chinese Cabbage<br>酸菜白肉<br>Stir fry Potatoes with Chili<br>干锅土豆片<br><u>Allergy: chili</u> |
| Fried Noodles with Cabbage<br>中式炒面<br>Daikon Salad 拌白萝卜<br>Fried Eggs<br>煎鸡蛋<br><u>Allergy: wheat, egg</u> | Rice Noodles / Rice with Fish in Pickled Mustard Greens Soup<br>酸菜鱼粉/饭<br>Green Vegetables<br>煮蔬菜<br><u>Allergy: fish</u>              | Fried Rice Noodles with Cantonese Sausage<br>广式腊肠炒米粉<br>Green Vegetable<br>炒蔬菜<br><u>Allergy: soy sauce</u> | Penne alla Carbonara<br>奶油芝士培根烩管面<br>Stir fry Vegetable 炒蔬菜<br><br><u>Allergy: wheat, cream, mushroom</u>    | Noodles with Beef Broth<br>牛肉面<br>Boiled Vegetable<br>煮蔬菜<br><u>Allergy: wheat</u>                                 |
|  | Indonesia Fried Rice with Vegetables<br>蔬菜炒饭<br><u>Allergy: soy sauce</u>  | Rice Noodles with Vegetable<br>素炒米粉<br><u>Allergy: soy sauce</u>  | Penne with Cream and Mushroom Sauce<br>奶油蘑菇面<br><u>Allergy: wheat, cream, mushroom</u>                       | Noodles with Tomato Soup<br>番茄汤面<br><u>Allergy: wheat</u>  |
| Tomato and Egg Soup<br>西红柿鸡蛋汤  | Pumpkin Soup<br>南瓜汤  | Millet Congee<br>小米粥  | Vegetable and Egg Soup<br>蔬菜鸡蛋汤  | White Fungus Sweet Soup<br>银耳红豆羹   |
| Pineapple Cake 菠萝糕   | Cookies 饼干   | Strawberry Mousse 草莓慕斯  | Banana Bread 香蕉包   | Chocolate Cookies<br>巧克力饼干   |
| Nutritional reading over the week<br>每周营养分析  | Energy 热量 (Kcal)<br>789  | Protein 蛋白质 (g)<br>33   | Carbohydrate 碳水 (g)<br>110   | Fat 脂肪 (g)<br>25   |

# Weekly Menu (G2-G12) 25-29 May

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| Seasonal Fresh Salad Bar<br>Fruit of the Day  | Seasonal Fresh Salad Bar<br>Fruit of the Day  | Seasonal Fresh Salad Bar<br>Fruit of the Day  | Seasonal Fresh Salad Bar<br>Fruit of the Day  | Seasonal Fresh Salad Bar<br>Fruit of the Day  |
| Spaghetti with Pesto<br>/Tomato/Cream Mushroom Sauce<br>意大利面配罗勒/番茄/奶油蘑菇汁<br>Stir fry Vegetable 炒蔬菜<br>Roasted Egg with Herb 烤鸡蛋<br><u>Allergy: cheese, egg (served on the side)</u> | Cajun Grilled Fish with Cheese<br>卡真芝士烤鱼<br>Baked Vegetables 烤时蔬<br>Roasted Potatoes<br>烤土豆<br><u>Allergy: fish, cheese</u> | Chili Con Carne<br>墨西哥炒牛肉馅<br>Steamed Black Beans<br>蒸黑豆<br><u>Allergy: beef, soy sauce</u>                                   | Chicken Burger<br>鸡肉汉堡<br>French Fries<br>薯条<br><u>Allergy: wheat</u>                                     | Chicken Schnitzel<br>炸鸡排<br>Stir fry Vegetable 炒蔬菜<br>Roasted Sweet Potatoes<br>烤地瓜<br><u>Allergy: wheat</u>          |
| Stir Fried Tomato with Egg<br>西红柿鸡蛋<br>Sauteed Spicy String Beans<br>干煸豆角<br>Steamed Rice 米饭<br><u>Allergy: egg, soy sauce</u>  | Stir Fried Pork with Kimchi<br>辣白菜炒猪肉<br>Stir fry Vegetables<br>炒时蔬<br><u>Allergy: soy sauce</u>                            | Hainanese Chicken Thigh<br>海南鸡腿饭<br>Stir Fried Chinese Cabbage with Vermicelli<br>蒜蓉娃娃菜粉丝<br><u>Allergy: chili, soy sauce</u> | Stir-Fried Basil Minced Pork<br>泰式猪肉饭<br>Stir fry Vegetables<br>泰式蔬菜<br><u>Allergy: fish sauce, chili</u> | Sweet and Sour Fish<br>糖醋鱼片<br>Stir fry Mushroom with Vegetables<br>杏鲍菇炒蔬菜<br><u>Allergy: garlic, soy sauce, fish</u> |
| Spicy Ramen with Cheese<br>芝士辛拉面<br>Boiled Egg<br>煮鸡蛋<br><u>Allergy: wheat, egg (served on the side)</u>  | Grilled Chicken in Pita Bread<br>烧饼夹鸡肉<br>Stir Fried Potatoes<br>清炒土豆丝<br>Tossed Kelp Shreds 海带丝<br><u>Allergy: wheat</u>   | Pork Dumplings<br>猪肉水饺<br>Mixed Vegetables<br>什锦菜/厥根粉<br><u>Allergy: wheat</u>  | Noodles with Seafood Broth<br>三鲜打卤面<br>boiled Vegetable<br>煮蔬菜<br><u>Allergy: shrimp, wheat</u>           | Tonkotsu Ramen<br>豚骨拉面<br>boiled Vegetables 煮蔬菜<br><u>Allergy: wheat, egg</u>   |
|   | Fried Rice with Kimchi<br>辣白菜炒饭<br><u>Allergy: soy sauce</u>  | Vegetable Dumplings<br>蔬菜水饺<br><u>Allergy: wheat</u>  | Noodles with Tomato Sauce<br>番茄面<br><u>Allergy: soy sauce</u>   | Stir Fried Mushroom with Vegetables<br>杏鲍菇炒蔬菜<br><u>Allergy: soy sauce</u>  |
| Laver and Egg Soup<br>紫菜鸡蛋汤   | Pumpkin Soup<br>南瓜汤   | Mung Bean Soup<br>绿豆汤   | Vegetable and Egg Soup<br>蔬菜鸡蛋汤   | Tomato and Egg Soup<br>西红柿鸡蛋汤   |
| Mocha Coconut Cake<br>抹茶椰蓉糕   | Cookies 饼干  | Chocolate Cake<br>巧克力蛋糕   | Banana Bread 香蕉包  | Mango Mousse 芒果慕斯   |
| Nutritional reading over the week<br>每周营养分析   | Energy 热量 (Kcal)<br>776   | Protein 蛋白质 (g)<br>32   | Carbohydrate 碳水 (g)<br>116  | Fat 脂肪 (g)<br>24  |