

Weekly Menu (G2-G12) 01-05 Jun

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	
Vegetable Lasagna 蔬菜芝士千层面 Stir fry Vegetables 炒蔬菜 <u>Allergy: cheese, wheat</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>	Braised Sausages Italy Style 意式烩香肠 Baked Vegetables 烤蔬菜 <u>Allergy: mushroom</u>	
Bibimbap 韩式拌饭 Boiled Egg 煮鸡蛋 <u>Allergy: egg (served on the side)</u>	Fried Rice with Vegetable, Egg, Sausage and Ham 腊肠火腿鸡蛋炒饭 Stir fry Vegetables with Mushroom 香菇油菜 <u>Allergy: mushroom, egg</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>	
Chongqing Spicy Noodles 重庆小面 Fried Egg 煎鸡蛋 <u>Allergy: sesame, wheat, egg (served on the side)</u>	Penne with Mushroom and Bacon Cream Sauce 奶油培根蘑菇意面 Baked Vegetable 烤蔬菜 <u>Allergy: wheat, cream</u>	Noodle with Pork dumplings 广式云吞面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat</u>	Noodles with pork in Soybean paste 老北京炸酱面 Mixed Vegetables 拌蔬菜 <u>Allergy: soybean, wheat</u>	
	Fried Rice with Cucumber, Carrot and Corn 蔬菜炒饭	Noodle with Vegetables 广式蔬菜面	Noodles with Soybean Paste 炸酱面	
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	
Chocolate Cake 巧克力蛋糕	Cookies 饼干	Strawberry Mousse 草莓慕斯	Banana Bread 香蕉包	
Nutritional reading over the week 每周营养分析	Energy 热量(Kcal) 788	Protein 蛋白质(g) 32	Carbohydrate 碳水(g) 112	Fat 脂肪(g) 25