

Weekly Menu (G3-G12) 3-7 Aug

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
		Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: beef, milk, wheat</u>	Beef Burger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat, beef</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>
		Chicken Teriyaki 日式照烧鸡排 Stir Fried Vegetables 炒时蔬 <u>Allergy: wheat</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>
		Noodles with pork in Soybean paste 老北京炸酱面 Mixed Vegetables 拌蔬菜 <u>Allergy: soybean, wheat</u>	Chongqing Spicy Noodles with Ground Pork 重庆小面 Fried Egg 煎鸡蛋 <u>Allergy: sesame, wheat, egg</u> (served on the side)	Noodles and Vegetables in Chicken Broth 川香鸡面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat</u>
		Noodles with Soybean Paste 炸酱面	Spicy Noodles with Vegetables 重庆小面	Vegetable Kimbab 蔬菜饭卷
		Pumpkin Soup 南瓜汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	Job's Tears and Red Bean Soup 薏米红豆水
		Strawberry Mousse 草莓慕斯	Banana Bread 香蕉包	Chocolate Cookies 巧克力饼干
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) 115	Fat 脂肪 (g) 25

Weekly Menu (G3-G12) 10-14 Aug

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>	Beef Goulash 红烩牛肉 Stir fry Vegetable 炒蔬菜 Plain Rice 米饭 <u>Allergy: beef, soy sauce</u>	Cottage Pie 牛肉派 Stir fry Vegetables 炒时蔬 <u>Allergy: beef, cheese</u>	Turkish Shawarma 土耳其烤鸡腿肉 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, cheese</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 <u>Allergy: soy sauce</u>	Beef Curry 牛肉咖喱肉酱饭 Stir fry Vegetables 炒时蔬 <u>Allergy: coconut milk</u>	Taiwanese Braised Pork Rice 台式卤肉饭 Stir Fried Cauliflower with Chili 辣炒菜花 Stir fry Vegetables 炒时蔬 <u>Allergy: soy sauce</u>
Noodles with Tomato and Egg Sauce / Spicy Egg Sauce 番茄鸡蛋面/辣炒鸡蛋面 Stir Fried Potato with Green Pepper 青椒土豆丝 <u>Allergy: wheat, egg</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>	Spicy Hot Pot 麻辣拌 Noodle 面条 <u>Allergy: wheat</u>
	Ratatouille 意大利炖蔬菜	Biangbiang Noodles with Tomato and Egg Sauce Biangbiang 面	Curry Vegetables 咖喱蔬菜	Spicy Vegetables 麻辣蔬菜
Laver and Egg Soup 紫菜鸡蛋汤	Pumpkin Soup 南瓜汤	Job's Tears and Red Bean Soup 薏米红豆水	Mung Bean Soup 绿豆汤	Tomato and Egg Soup 西红柿鸡蛋汤
Rice balls 糯米糍	Cookies 饼干	Chocolate Cake 巧克力蛋糕	Banana Bread 香蕉包	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) 32	Carbohydrate 碳水(g) 116	Fat 脂肪(g) 23