

Weekly Menu (G3-G12) 5-9 Oct

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 French Fries 薯条 <u>Allergy: wheat, cheese</u>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Nacho Chips with Ground beef 墨西哥风味肉酱芝士配薯片 Stir fry Vegetable 炒蔬菜 <u>Allergy: soy sauce, milk</u>	Pork Patty with Gravy 烧汁肉饼 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <u>Allergy: milk, cream</u>	Grilled Chicken 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 Tomato with Egg 西红柿炒鸡蛋 Sauteed Spicy String Beans 干煸豆角 Steamed Rice 米饭 <u>Allergy: egg, soy sauce</u>	Stir Fried Rice with Pork Sausage and Egg 腊肠蛋炒饭 Stir fry Vegetable 炒时蔬 <u>Allergy: soy sauce, egg</u>	Sweet and Sour Chicken 糖醋鸡柳 Green Vegetables 清炒快菜 <u>Allergy: garlic, soy sauce</u>	Chicken Teriyaki 日式照烧鸡排 Stir Fried Vegetables 炒时蔬 <u>Allergy: wheat</u>	Pork Stew with Glass Noodles and Potatoes 五花肉炖土豆粉条 Stir Fried Chinese Cabbage and Tofu 白菜冻豆腐 <u>Allergy: soy sauce</u>
Oil-Splashed Noodles 油泼面 Cucumber Salad 拌黄瓜 Fried Eggs 煎鸡蛋 <u>Allergy: wheat, egg</u>	Popcorn Chicken Wrap 鸡米花卷饼 Mixed Vegetables 混合蔬菜/拌三丝 <u>Allergy: wheat</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>	Beef Pho 越南牛肉粉 Stir Fry Green Vegetables 炒青菜 <u>Allergy: chili</u>	Udon with Korean Kimchi and Fish Cakes 韩式泡菜鱼饼乌冬面 Boiled Vegetable 煮蔬菜 <u>Allergy: fish</u>
	Vegetables Wrap 蔬菜卷	Tteokbokki with Cheese 芝士炒年糕	Rice Noodles in Vegetable Soup 河粉蔬菜汤	Udon in Kimchi Soup 番茄乌冬面
Mung Bean Soup 绿豆汤	Pumpkin Soup 南瓜汤	Red Bean and Job's Tears Soup 红豆薏米水	Tomato and Egg Soup 西红柿鸡蛋汤	Sweet Potato Congee 红薯粥
Banana Bread 香蕉包	Chocolate Cookies 巧克力饼干	Strawberry Mousse 草莓木司	Cream Puff 奶油泡芙	Mini Muffins 小麦芬
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) 122	Fat 脂肪 (g) 26

Weekly Menu (G3-G12) 12-16 Oct

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	
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</u> <u>(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>	Bolognese Pizza 肉酱披萨 Potato Wedges 土豆角 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>	<u>UN DAY</u>
Yuxiang Eggplant 鱼香茄子 Stir Fried Tofu with Cabbage 白菜爆豆腐 Fried Egg 虎皮鸡蛋 <u>Allergy: soy sauce, tofu, egg</u> <u>(served on the side)</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 Stewed with Coconut Sauce 马来西亚椰浆鸡肉饭 Stir fry Vegetable 炒时蔬 <u>Allergy: coconut, milk</u>	Braised Chicken with Potato 黄焖鸡腿肉 Spicy Tofu with Green Pepper 辣炒千叶豆腐 Stir fry Vegetable 炒蔬菜 <u>Allergy: soy sauce, tofu</u>	
Noodles with Vegetables in Soybean paste Korean Style 韩式炸酱面 Boiled Egg 煮鸡蛋 <u>Allergy: 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>	Rice Noodles with Fish in Tomato Soup or Sour and Spicy Soup 番茄鱼米粉/酸汤鱼米粉 Boiled Vegetables 煮蔬菜 <u>Allergy: fish</u>	Pork Dumplings 猪肉水饺 Stir Fried Cabbage 厥根粉/洋白菜 <u>Allergy: sesame, wheat</u>	
	Noodles with Vegetable Sauce 蔬菜面	Cheese Pizza 芝士披萨	Vegetable Dumplings 蔬菜水饺	
Kelp Soup 海带汤	Pumpkin Soup 南瓜汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	Red Bean Soup 红豆汤	
Mochi 糯米糍	Mini Muffins 小麦芬	Chocolate Cake 巧克力蛋糕	Banana Bread 香蕉包	
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) 126	Fat 脂肪 (g) 29