Weekly Menu (G3-G12) 19-23 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
Chole with Chickpeas and Tomatoes 鹰嘴豆咖喱 Mixed Vegetable Curry 咖喱蔬菜 *Allergy: chickpea*	Pork Balls Stewed in Tomato Sauce 番茄猪肉丸 Stir fry Vegetable 炒蔬菜 Mashed Potatoes 土豆泥 *Allergy: milk*	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 *Allergy: milk, wheat*	Fish and Chips 鱼条薯条 Baked Vegetable 烤蔬菜 *Allergy: fish, wheat*	Orleans-Style Chicken Pizza 奥尔良鸡肉披萨 Stir fry Vegetable 炒蔬菜 Sweet Potatoes Sticks 红薯条 *Allergy: wheat, cheese*
Kimbap 韩式饭卷 Japchae 韩式炒杂菜 *Allergy: egg, seaweed*	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 Winter-Melon Stewed 烩冬瓜 *Allergy: wheat*	Indonesia Fried Rice with Chicken Drumette 印尼炒米饭配翅根 Stir fry Vegetables 炒时蔬 Shrimp Cracker 虾片 *Allergy: seafood*	Curry Beef 椰奶咖喱肉酱 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 *Allergy: coconut milk*	Pork Stewed with Pickled Chinese Cabbage 酸菜白肉 Stir fry Potatoes with Green Pepper 青椒土豆片 *Allergy: chili*
Fried Noodles with Cabbage 中式炒面 Stir Fried Dried Tofu 辣炒香干 Fried Eggs 煎鸡蛋 *Allergy: wheat, tofu egg (served on the side)*	Rice Noodles / Rice with Fish in Pickled Mustard Greens Soup 酸菜鱼粉/饭 Green Vegetables 煮蔬菜 *Allergy: fish*	Udon Noodles with Tomato and Pork Sauce 番茄肉酱乌冬面 boiled Vegetable 煮蔬菜 *Allergy: wheat*	Penne with Bacon and Cream Sauce 奶油芝士培根烩管面 Stir fry Vegetable 炒蔬菜 *Allergy: wheat, cream, mushroom*	Noodles with Beef Broth 牛肉板面 Boiled Vegetable 煮蔬菜 *Allergy: wheat*
	Indonesia Fried Rice with Vegetables 蔬菜炒饭 *Allergy: soy sauce*	Udon Noodles with Tomato Sauce 番茄乌冬面 *Allergy: soy sauce*	Penne with Cream and Mushroom Sauce 奶油蘑菇面 *Allergy: wheat, cream, mushroom*	Noodles with Tomato Soup 番茄汤面 *Allergy: wheat*
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
Mochi 糯米糍	Cookies 饼干	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) 789	Protein 蛋白质 (g) 33	Carbohydrate 碳水 (g) 110	Fat 脂肪 (g) 25

Weekly Menu (G3-G12) 26-30 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
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 *Allergy: cheese, egg (served on the side)*	Beef Quesadilla 牛肉芝士饼 Baked Vegetables 烤时蔬 Roasted Potatoes 烤土豆 *Allergy: cheese, wheat*	Chili Con Carne 墨西哥炒牛肉馅 Steamed Black Beans 蒸黑豆 *Allergy: beef, soy sauce*	Chicken Burger 鸡肉汉堡 French Fries 薯条 *Allergy: wheat*	Chicken Schnitzel 炸鸡排 Stir fry Vegetable 炒蔬菜 Roasted Sweet Potatoes 烤地瓜 *Allergy: wheat*
Stir Fried Tomato with Egg 西红柿鸡蛋 Sauteed Spicy String Beans 干煸豆角 Steamed Rice 米饭 *Allergy: egg, soy sauce*	Stir Fried Pork with Kimchi 辣白菜炒猪肉 Stir fry Vegetables 炒时蔬 *Allergy: soy sauce*	Hainanese Chicken Thigh 海南鸡腿饭 Stir Fried Chinese Cabbage with Vermicelli 蒜蓉娃娃菜粉丝 *Allergy: chili, soy sauce*	Stir-Fried Basil Minced Pork 泰式猪肉饭 Stir fry Vegetables 泰式蔬菜 *Allergy: fish sauce, chili*	Sweet and Sour Fish 糖醋鱼片 Stir fry zucchini 素炒西葫 Sour-Spicy Shredded Potatoes 醋溜土豆丝 *Allergy: garlic, soy sauce, fish*
Spicy Ramen with Cheese 芝士辛拉面 Boiled Egg 煮鸡蛋 *Allergy: wheat, egg (served on the side)*	Grilled Chicken in Pita Bread 烧饼夹鸡肉 Stir Fried Potatoes with Green Pepper 青椒土豆丝 Cauliflower with Chili Sauce 辣炒菜花 *Allergy: wheat*	Pork Dumplings 猪肉水饺 Mixed Vegetables 什锦菜/厥根粉 *Allergy: wheat*	Beef Pho 越南牛肉粉 Stir Fry Green Vegetables 炒青菜 *Allergy: chili*	Tonkotsu Ramen 豚骨拉面 boiled Vegetables 煮蔬菜 *Allergy: wheat, egg*
	Fried Rice with Kimchi 辣白菜炒饭 *Allergy: soy sauce*	Vegetable Dumplings 蔬菜水饺 *Allergy: wheat*	Noodles with Tomato Sauce 番茄面 *Allergy: soy sauce*	Stir Fried Zucchini 素炒西葫 *Allergy: soy sauce*
Laver and Egg Soup 紫菜鸡蛋汤	Pumpkin Soup 南瓜汤	Mung Bean Soup 绿豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	Tomato and Egg Soup 西红柿鸡蛋汤
Mochi 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) 776**	**Protein 蛋白质 (g) 32**	**Carbohydrate 碳水 (g) 116**	**Fat 脂肪 (g) 24**