Weekly Menu (G3-G12) 2-6 Nov

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 Roasted Potatoes 土豆角 *Allergy: wheat, cheese*	Masala Chicken Leg 马萨拉鸡腿 Vegetable curry 咖喱蔬菜 Plain Rice 白米饭 *Allergy: chili*	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 *Allergy: beef, milk, wheat*	Beef Burger 牛肉汉堡 French Fries 薯条 *Allergy: wheat, beef*	Pork Stewed with Plum Sauce 西梅猪排 Stir fry Vegetable 炒蔬菜 Mashed Sweet Potatoes 红薯泥 *Allergy: cream, milk*
Vegetable Curry Omelette Rice 咖喱蔬菜蛋包饭 Stir Fried Green Vegetables 清炒小白菜 *Allergy: egg（served on the side）*	Steamed Rice with Vegetables and Sausages 广式腊肠饭 Stir fry Vegetables with Mushroom 香菇油菜 *Allergy: soy sauce*	Chicken Teriyaki 日式照烧鸡排 Stir Fried Vegetables 炒时蔬 *Allergy: wheat*	Kung Pao Chicken 宫保鸡丁 Steamed Vegetables with Garlic 蒜蓉蒸时蔬 Steamed Rice 米饭 *Allergy: soy sauce, peanut*	Kimbab 韩式饭卷 Japchae 韩式炒杂菜 *Allergy: egg, seaweed*
Mixed Doodle and Vegetable in Chili Sauce 重庆小面 Fried Egg 煎鸡蛋 *Allergy: sesame, wheat, egg (served on the side)*	Spicy Hot Pot 麻辣烫 Noodle 面条 *Allergy: wheat*	Noodles with pork in Soybean paste 老北京炸酱面 Mixed Vegetables 拌蔬菜 *Allergy: soybean, wheat*	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 *Allergy: wheat*	Noodles and Vegetables in Chicken Broth 川香鸡面 boiled Vegetable 煮蔬菜 *Allergy: wheat*
	Spicy Vegetable Hot Pot with Noodle 麻辣蔬菜拌面	Noodles with Soybean Paste 炸酱面	Vegetable and Bean Burger 蔬菜豆子汉堡	Vegetable Kimbab 蔬菜饭卷
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	Job's Tears and Red Bean Soup 薏米红豆水
Rice balls 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) 788	Protein 蛋白质(g) 32	Carbohydrate 碳水(g) 118	Fat 脂肪(g) 25

Weekly Menu (G3-G12) 9-13 Nov

Monday	Tuesday	Wednesday	Thursday	Friday
			Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day
			Turkish Shawarma 土耳其烤鸡腿肉 French Fries 薯条 *Allergy: wheat*	Cottage Pie 牛肉派 Stir fry Vegetables 炒时蔬 *Allergy: beef, cheese*
			Fried Rice with Beef 麻辣牛肉炒饭 Stir fry Vegetables 炒时蔬 *Allergy: soy sauce*	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 *Allergy: soy sauce*
			Pork Dumplings 猪肉水饺 Mixed Vegetables 什锦菜/厥根粉 *Allergy: wheat*	Biangbiang Noodles with Ground Pork Biangbiang 面 Stir Fried Tomato with Egg 西红柿炒鸡蛋 *Allergy: egg, sesame, wheat*
			Fried Rice with Mixed Vegetables 蔬菜炒饭	Spicy Mixed Vegetables 麻辣蔬菜
			Millet Congee 小米粥	Tomato and Egg Soup 西红柿鸡蛋汤
			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) 779	Protein 蛋白质(g) 32	Carbohydrate 碳水(g) 116	Fat 脂肪(g) 23