





















	Monday (12.16)	Tuesday (12.17)	Wednesday(12.18)	Thursday(12.19)	Friday (12.20)
上午茶点 Morning Snack	 日式蛋卷 Japanese Egg Roll  酸奶 Yoghurt 火龙果 草莓 Dragon Fruit Strawberries	 猪肉糯米烧卖 Glutinous Rice Siu Mai  牛奶 Milk 橙子 猕猴桃 Orange Kiwi Fruit	吐司配果酱 Toast with jam  酸奶 Yoghurt 柚子 青提 Grapefruit Green Grape	鸡肉蝴蝶面 Chicken Farfalle  牛奶 Milk 香蕉 Banana	
午餐 Lunch	 玉米胡萝卜猪骨汤 Corn and Carrot Pork Bone Soup 卤鸡腿 Marinated Chicken Leg  莴笋炒虾仁 Stir-fried Shrimp with Lettuce 清炒娃娃菜 Stir-fried Baby Cabbage 红薯蒸饭 Sweet Potato with Rice	板栗山药鸡汤 Chicken Soup with Chestnut and Yam  糖醋鱼 Sweet & Sour Fish  肉片地三鲜 Fried Potato, Green Pepper and Eggplant with Pork 清炒春菜 Fried Spring Vegetable 白米饭 Rice	 鲫鱼豆腐汤 Crucian Carp and Tofu Soup  红烧肉 Braised Pork  番茄炒蛋 Fried Egg with Tomato 清炒上海青 Fried Chinese Cabbage 白米饭 Rice	 白萝卜红枣猪骨汤 White Radish & Date pork Bone Soup 迷迭香烤鸭 Rosemary Roasted Duck  肉饼蒸蛋 Steamed Pork Patty with Egg  蚝油生菜 Stir - Fried Lettuce with Oyster Sauce 白米饭 Rice	Christmas holiday
下午茶点 Afternoon Tea	 (低糖) 菠菜蛋糕 Spinach Cake 红枣百合糖水 Red Date and Lily Bulb Sweet Soup	 (低糖) 奶香土豆饼 Potato Cake with Milky Flavor  牛奶燕麦片 Milk and Oatmeal	 (低糖) 猫爪山药糕 Cat Paw Yam Cake 绿豆沙 Mung Bean Soup	(低糖) 玉米烙 Corn Pancake 雪梨糖水 Pear Sweet Soup	

营养分析 / Nutrition Facts

热量 Energy /kcal	955.2	972.0	988.5	994.4	
蛋白 Protein /g	35.8	38.8	38.0	45.7	
脂肪 Fat /g	26.9	25.9	29.2	29.2	
碳水 Carbs /g	142.4	145.9	143.4	137.3	

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef





猪肉Pork



菠萝Pineapple



芒果Mango

		Type	Monday (12.16)	Tuesday (12.17)	Wednesday(12.18)	Thursday(12.19)	Friday (12.20)
午餐 Lunch	汤 Soup		玉米胡萝卜猪骨汤 Corn and Carrot Pork Bone Soup 	板栗山药鸡汤 Chicken Soup with Chestnut and Yam	 鲫鱼豆腐汤  Crucian Carp and Tofu Soup	白萝卜红枣猪骨汤  White Radish & Date pork Bone Soup	Christmas holiday
	主菜 Entrees		卤鸡腿 Marinated Chicken Leg 莴笋炒虾仁 Stir-Fried Shrimp with Lette 	糖醋鱼  Sweet & Sour Fish 肉片地三鲜 Fried Potato, Green Pepper and Eggplant with Pork 	红烧肉  Braised Pork 番茄炒蛋  Fried Egg with Tomato	迷迭香烤鸭 Stewed Beef with Radish 肉饼蒸蛋 Steamed Pork Patty with Egg  	
	蔬菜 Veg		清炒娃娃菜 Stir-fried Baby Cabbage	清炒春菜 Fried Spring Vegetable	清炒上海青 Fried Chinese Cabbage	 蚝油生菜 Stir - Fried Lettuce with Oyster Sauce	
	主食 Staple		红薯蒸饭 Sweet Potato with Rice	白米饭 Rice	白米饭 Rice	白米饭 Rice	
	水果 Fruit		香蕉 Banana	苹果 Apple	蜜桔 Mandarin Orange	火龙果 Dragon Fruit	

营养分析 / Nutrition Facts

热量 Energy /kcal	530.8	549.2	622.0	546.5
蛋白 Protein /g	22.2	21.7	24.5	27.3
脂肪 Fat /g	15.0	12.2	23.7	16.2
碳水 Carbs /g	76.7	88.0	77.7	72.8

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



菠萝Pineapple



芒果Mango



		Type	Monday (12.16)	Tuesday (12.17)	Wednesday(12.18)	Thursday(12.19)	Friday (12.20)
中餐 Chinese	汤 Soup	玉米胡萝卜猪骨汤 Corn and Carrot Pork Bone Soup	板栗山药鸡汤 Chicken Soup with Chestnut and Yam	鲫鱼豆腐汤 Crucian Carp and Tofu Soup	白萝卜红枣猪骨汤 White Radish & Date pork Bone Soup		
	主菜 Entrees	卤鸡腿 Marinated Chicken Leg 芥兰炒牛肉 Stir-fried Beef with Chinese Broccoli 莴笋炒虾仁 Stir-Fried Shrimp with Lettuce	糖醋鱼 Sweet & Sour Fish 肉片地三鲜 Fried Potato, Green Pepper and Eggplant with Pork 香芋焖鸭 Braised Duck with Taro	红烧肉 Braised Pork 番茄炒蛋 Fried Egg with Tomato 酱爆洋葱鱿鱼 Fried Squid and Onion with Soy Sauce	葱爆牛肉 Sautéed Beef with Scallions 辣椒炒肉 Stir-fried Pork with Chili Peppers 肉饼蒸蛋 Steamed Pork Patty with Egg		Christmas holiday
	蔬菜 Veg	清炒娃娃菜 Stir-fried Baby Cabbage	清炒春菜 Fried Spring Vegetable	清炒上海青 Fried Chinese Cabbage	蚝油生菜 Stir - Fried Lettuce with Oyster Sauce		
	主食 Staple	红薯蒸饭 Sweet Potato with Rice	白米饭 Rice	酱油炒饭 Fried Rice with Soy sauce and Egg	白米饭 Rice		
	水果 Fruit	香蕉 Banana	苹果 Apple	蜜桔 Mandarin Orange	火龙果 Dragon Fruit		

营养分析 / Nutrition Facts

热量 Energy /kcal	790.4	787.8	912.3	779.0	
蛋白 Protein /g	36.7	36.6	37.8	42.8	
脂肪 Fat /g	21.7	22.4	32.5	21.8	
碳水 Carbs /g	112.0	109.9	117.2	103.0	

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



菠萝Pineapple



芒果Mango

		Type	Monday (12.16)	Tuesday (12.17)	Wednesday(12.18)	Thursday(12.19)	Friday (12.20)
西餐 Western	汤 Soup	玉米浓汤 Corn Soup	奶油蘑菇汤 Cream of Mushroom Soup	奶油菜花汤 Cream Cauliflower	奶油土豆汤 Cream Potato		
	主菜 Entrees	法式蘑菇猪柳 French Mushroom Pork Fillet 芝士肉酱焗玉米片 Baked Nachos with Cheese Bolognese Sauce	日式烤鸡 Japanese - style Grilled Chicken 德式烤肠配南瓜彩椒 Pork Sausage with Pumpkin Pepper	墨西哥大虾 Mexican Braised Prawns 炒洋葱口蘑菇培根 Stir-fried Onion, Mushroom with Bacon	迷迭香烤鸭 Rosemary Roasted Duck 芝士南瓜泥配香肠粒 Cheesy Pumpkin Puree with Sausage		
	配菜 Side Dish	橄榄油烤花椰菜 Roasted Cauliflower with Olive Oli	烤樱桃番茄配芦笋 Roasted Cherry Tomatoes with Asparagus	清炒胡萝卜条 Fried Carrots	黄油西兰花 Broccoli with Butter		
	主食 Staple	土豆泥 Mashed Potato	黑椒牛柳炒意大利面 Black Pepper Beef Fried Spaghetti	薯角 Potato Wedges	烤玉米 Baked Corn		
	水果 Fruit	香蕉 Banana	苹果 Apple	蜜桔 Mandarin Orange	火龙果 Dragon Fruit		
	Christmas holiday						

营养分析 / Nutrition Facts

热量 Energy /kcal	809.4	815.2	781.3	762.0
蛋白 Protein /g	28.8	38.0	29.3	29.6
脂肪 Fat /g	29.2	23.6	26.1	28.3
碳水 Carbs /g	107.9	112.8	107.3	97.1

特色档 Special	黄豆猪脚汤面配卤蛋 Pork and Soybean Noodles in Soup with Marinated Egg	兰州牛肉拉面配煎蛋 Lanzhou Beef Noodles with Fried Egg	鸡肉香菇汤面配油豆腐 Chicken and Mushroom Noodles in Soup with Fried Tofu Puffs	冬阴功海鲜米粉 Tom Yum Kung Seafood Rice Noodles	
	Christmas holiday				

营养分析 / Nutrition Facts

热量 Energy /kcal	839.5	779.8	773.9	716.2
蛋白 Protein /g	33.1	53.0	44.6	27.9
脂肪 Fat /g	34.3	18.6	19.2	17.6
碳水 Carbs /g	99.5	100.2	105.7	111.6

