











| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|---|
| 上午茶茶点 Morning Snack | 水煮蛋 Boiled Egg 饺子 (猪肉玉米) Dumplings (Pork, Corn) 水果盘 Mixed Fruits | 迷你香烤黄油培根吐司 Baked Toast with Bacon and Butter 燕麦牛奶 Oats Milk 水果盘 Mixed Fruits | 桂花糕 Osmanthus Cake 白菜瘦肉红薯粉 Rice Noodles with Pork and Cabbage 水果盘 Mixed Fruits | 蒸红薯 Steamed Sweet Potato 牛肉青菜粥 Beef and Vegetables Congee 水果盘 Mixed Fruits | 蒸南瓜 Steamed Pumpkin 三丝鸡蛋炒粉 Fried Rice Noodles with Shredded Vegetables and Eggs 水果盘 Mixed Fruits |
| 热量 Energy /kcal 蛋白 Protein /g 脂肪 Fat /g 碳水 Carbs /g | 290.2 11.2 5.8 48.4 | 266.0 8.9 2.6 51.9 | 283.4 12.9 11.9 31.1 | 254.0 11.5 3.5 44.1 | 283.4 14.8 5.6 43.6 |
| 下午茶茶点 Afternoon Tea | 红糖发糕 Brown Sugar Sponge Cake 水果盘 Mixed Fruits | 玉米烙 Chinese Corn Pancake 水果盘 Mixed Fruits | 巧克力松饼 Chocolate Pancake 水果盘 Mixed Fruits | 绿茶饼 Green Tea Pancake 水果盘 Mixed Fruits | 提子面包 Raisin Bread 水果盘 Mixed Fruits |
| 热量 Energy /kcal 蛋白 Protein /g 脂肪 Fat /g 碳水 Carbs /g | 237.8 3.7 9.2 35.1 | 207.1 5.2 3.5 38.8 | 188.4 6.0 5.2 29.5 | 153.3 4.2 1.3 31.1 | 216.2 5.2 2.6 43.1 |









过敏源: 奶类Milk 蛋Egg 大豆Bean 海鲜Seafood 牛肉Beef 猪肉Pork 菠萝Pineapple 芒果Mango









| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|--|--|--|--|
| 第三周 Week 3 | 番茄鱼  Boiled Fish with Tomato 土豆炒鸡丁 Stir fried Chicken and Potato 上汤娃娃菜 Baby Chinese Cabbage 白米饭 Rice | 红烧猪肘  Braised Pork 干锅孜然炒牛肉  Stir-fried Beef with Cumin and Potato 大白菜 Chinese Cabbage 白米饭 Rice | 烧汁肥牛金针菇  Braised Beef and Tomato 藕片炒肉  Fried Pork with Lotus Root Slices 杭白菜 Hangzhou Cabbage 白米饭 Steamed Rice | 中式卤鸡腿 Chinese Marinated Chicken 玉米炒虾仁  Stir-fried Shrimp with Corn 京包菜 Cabbage 白米饭 Steamed Rice | 盐水鸭 Boiled Salted Duck 西芹炒肉片  Fried Pork and Celery 上海青 Chinese Greens 鸡肉蘑菇披萨 Chicken and Mushroom 白米饭  Pizza |
| 热量 Energy /kcal | 455.9 | 465.6 | 479.6 | 464.7 | 491.2 |
| 蛋白 Protein /g | 22.0 | 21.2 | 18.1 | 23.2 | 22.8 |
| 脂肪 Fat /g | 12.4 | 14.7 | 18.0 | 14.0 | 19.7 |
| 碳水 Carbs /g | 64.1 | 62.1 | 61.3 | 61.5 | 55.7 |

过敏源:  奶类Milk  蛋Egg  大豆Bean  海鲜Seafood  牛肉Beef  猪肉Pork  菠萝Pineapple  芒果Mango



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|--|--|--|--|
| 第三周 Week 3 | 番茄鱼  Boiled Fish with Tomato 土豆炒鸡丁 Stir fried Chicken and Potato 上汤娃娃菜 Baby Chinese Cabbage 白米饭 Rice | 红烧猪肘  Braised Pork 干锅孜然炒牛肉  Stir-fried Beef with Cumin and Potato 大白菜 Chinese Cabbage 白米饭 Rice | 烧汁肥牛金针菇  Braised Beef and Tomato 藕片炒肉  Fried Pork with Lotus Root Slices 杭白菜 Hangzhou Cabbage 白米饭 Steamed Rice | 中式卤鸡腿 Chinese Marinated Chicken 玉米炒虾仁  Stir-fried Shrimp with Corn 京包菜 Cabbage 白米饭 Steamed Rice | 盐水鸭 Boiled Salted Duck 西芹炒肉片  Fried Pork and Celery 上海青 Chinese Greens 鸡肉蘑菇披萨 Chicken and Mushroom 白米饭  Pizza |
| 热量 Energy /kcal | 567.0 | 569.6 | 582.4 | 586.7 | 571.2 |
| 蛋白 Protein /g | 26.0 | 25.5 | 21.7 | 29.3 | 27.3 |
| 脂肪 Fat /g | 15.0 | 17.0 | 21.0 | 18.2 | 24.5 |
| 碳水 Carbs /g | 82.1 | 78.7 | 76.6 | 76.4 | 60.4 |

过敏源:  奶类Milk  蛋Egg  大豆Bean  海鲜Seafood  牛肉Beef  猪肉Pork  菠萝Pineapple  芒果Mango



| | | Type | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------|-------------------|--|---|---|---|---|--------|
| 中餐 Chinese 第三周 Week 3 | 汤 Soup | 玉米胡萝卜猪骨汤 Pork Bone with Corn and Carrot Soup | 玉米红糖糖水 Corn and Brown Sugar Sweet Soup | 木瓜鲫鱼汤 Papaya and Carp Soup | 虫草花瘦肉汤 Cordyceps Flower and Pork Soup | 山药芙蓉汤 Yam and Vegetables Soup | |
| | 荤菜 Entrees | 姜葱蒸鱼 Steamed Fish with Ginger and Scallion 土豆炒鸡丁 Stir fried Chicken and Potato 肉沫粉丝包菜 Braised Pork Minced with Vermicelli and Cabbage | 红烧猪肘 Braised Pork 干锅孜然炒牛肉 Stir-fried Beef with Cumin and Potato 番茄炒蛋 Fried Egg with Tomato | 烧汁肥牛金针菇 Braised Beef and Tomato 藕片炒肉 Fried Pork with Lotus Root Slices 酸辣土豆丝 (微辣) Chili and Sour Potato(Spicy) | 中式卤鸡腿 Chinese Marinated Chicken 玉米炒虾仁 Stir-fried Shrimp with Corn 青椒炒肉 stir-fried Dried Vegetable and Minced Pork in Hunan Style | 盐水鸭 Boiled Salted Duck 煎饺 (猪肉玉米) Pan fried Dumplings (Pork and Corn) 西芹炒肉片 Fried Pork and Celery | |
| | 蔬菜 Veg | 上海青 Chinese Greens | 烩冬瓜 Wax gourd | 杭白菜 Hangzhou Cabbage | 京包菜 Cabbage | 上汤娃娃菜 Baby Chinese Cabbage | |
| | 主食 Staple Food | 燕麦蒸饭 Corn Rice | 白米饭 Steamed Rice | 白米饭 Steamed Rice | 火腿鸡蛋蛋炒饭 Fried Rice with Ham and Egg | 白米饭 Steamed Rice | |
| | 水果 Fruit | 水果盘 Mixed Fruit | 水果盘 Mixed Fruit | 水果盘 Mixed Fruit | 水果盘 Mixed Fruit | 水果盘 Mixed Fruit | |

营养分析 / Nutrition Facts

| | | | | | |
|-----------------|-------|-------|-------|-------|-------|
| 热量 Energy /kcal | 799.8 | 752.6 | 838.3 | 837.7 | 745.3 |
| 蛋白 Protein /g | 35.9 | 34.3 | 32.7 | 40.7 | 33.3 |
| 脂肪 Fat /g | 21.4 | 23.6 | 35.2 | 29.2 | 30.1 |
| 碳水 Carbs /g | 115.9 | 100.7 | 97.7 | 103.0 | 85.3 |

过敏源: 奶类Milk 蛋Egg 大豆Bean 海鲜Seafood 牛肉Beef 猪肉Pork 菠萝Pineapple 芒果Mango



| | | Type | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|-------------------|------|---|---|--|---|---|
| 西餐 Western 第三周 Week 3 | 汤 Soup | | 奶油菜花汤 Cream Cauliflower | 南瓜浓汤 Pumpkin Soup | 蘑菇奶油汤 Creamy Mushroom Soup | 牛肉罗宋汤 Beef Borscht | 奶油玉米汤 Creamy Corn Soup |
| | 荤菜 Entrees | | 咖喱牛腩 Beef Curry 金不换肉末茄子 Stir-fried Eggplant & Minced Meat With Basil | 加拿大烤鸡 Roast Chicken 芝士肉汁薯条 Poutine | 法式焗鱼柳 Baked Fish Fillets In French Style 烤波波肠配杂蔬 Grilled Mini Sausage with Mixed Vegetables | 烤猪排配苹果酱 Pork Chop with Apple Sauce 墨西哥肉酱配玉米饼 Taco with Chili Con Carne | 鸡肉蘑菇披萨 Chicken and Mushroom Pizza 芝士黄油玉米块配培根 Cheese Butter Corn with Bacon |
| | 蔬菜 Veg | | 炒西葫芦丝 Fried Zucchini | 迷迭香烤蔬菜 Roasted Vegetables with Rosemary | 黄油西兰花 Broccoli with Butter | 樱桃番茄扒苜蓿 Grilled Vegetables with Cherry Tomatoes | 黄油烩杂豆蔬菜 Baked Mixed Pea with Vegetables |
| | 主食 Staple Food | | 白米饭 Steamed Rice | 培根番茄意面 Tomato and Bacon Spaghetti | 法式蒜蓉法棍 Garlic Baguette | 白米饭 Steamed Rice | 烤薯角 Baked Potato Wedges |
| | 水果 Fruit | | 水果盘 Mixed Fruit | 水果盘 Mixed Fruit | 水果盘 Mixed Fruit | 水果盘 Mixed Fruit | 水果盘 Mixed Fruit |

营养分析 / Nutrition Facts

| | | | | | |
|-----------------|-------|-------|-------|-------|-------|
| 热量 Energy /kcal | 806.4 | 752.0 | 790.1 | 750.4 | 773.0 |
| 蛋白 Protein /g | 45.2 | 35.4 | 31.0 | 16.5 | 21.3 |
| 脂肪 Fat /g | 33.2 | 28.0 | 28.1 | 30.8 | 31.0 |
| 碳水 Carbs /g | 81.7 | 89.6 | 103.3 | 101.7 | 102.2 |

过敏源: 奶类Milk 蛋Egg 大豆Bean 海鲜Seafood 牛肉Beef 猪肉Pork 菠萝Pineapple 芒果Mango

