

	Monday (4.21)	Tuesday (4.22)	Wednesday(4.23) Hong Kong Food	Thursday(4.24)	Friday(4.25)
上午茶点 Morning Snack	燕麦紫薯包 Oat Purple Potato Packet 酸奶 Yogurt 香蕉 Banana	萝卜糕 Steamed Turnip Cake 云吞 Wonton 西瓜 蓝莓 Watermelon Blueberry	猪肉玉米蒸饺 Pork Dumplings 酸奶 Yogurt 圣女果 猕猴桃 Cherry Tomato Kiwi Fruit	鸡蛋卷 Egg Roll 牛肉粥 Beef Porridge 青提 苹果 Green Grapes Apple	奶香玉米饼 Corn Cake 酸奶 Yogurt 橙子 火龙果 Orange Dragon Fruit
午餐 Lunch	番茄牛腩汤 Beef Brisket Soup with Tomatoes 匈牙利炖牛肉 Beef Goulash 肉末水蒸蛋 Steamed Egg with Minced Pork 蒜蓉菜心 Stir - Fried Chinese Flowering Cabbage with Garlic 燕麦米饭 Oat Rice	山药芙蓉汤 Yam and Egg Drop Soup 香煎鱼柳配番茄汁 Pan-fried Fish Fillet with Tomato Sauce 孜然鸡肉 Chicken with Cumin Seasoning 京包菜 Chinese cabbage 白米饭 Rice	碗仔翅汤 Vermicelli Soup 港式叉烧 Hong Kong - style Barbecued Pork 滑蛋牛肉 Stir-fried Beef with Scrambled Eggs 蚝油生菜 Sautéed Lettuce in Oyster Sauce 白米饭 Rice	虫草花乌鸡汤 Cordyceps Flowers and Chicken Soup 蒜香汁猪扒 Pork Chop with Garlic Sauce 番茄炒鸡蛋 Stir-fried Tomatoes with Eggs 清炒春菜 Fried Spring Vegetable 雪菜鸡肉饭 Chicken and Vegetable Rice	玉米胡萝卜猪骨汤 Pig Bone Soup with Corn and Carrots 南乳焖牛腩 Braised Beef Brisket in Red Fermented Bean Curd Sauce 莲藕蜜豆炒鸡肉 Stir-fried Chicken with Lotus Root and Honey Beans 清炒上海青 Fried Chinese Cabbage 红薯饭 Sweet Potato Rice
下午茶点 Afternoon Tea	海苔肉松面包 Seaweed and Pork Floss Bread 苹果雪梨水 Snow Pear and Longan Drink	烤肠面包 Hot Dog Bun 牛奶 Milk	蓝莓松饼 Blueberry Muffin 胡萝卜玉米糊 Carrot and Corn Puree	香蕉小蛋糕 Banana Cake 牛奶 Milk	麻薯 Mochi 红豆牛奶 Red Bean Milk

营养分析 / Nutrition Facts

热量 Energy /kcal	942.9	1020.1	998.0	920.0	1070.6
蛋白 Protein /g	41.3	48.4	36.9	49.3	40.3
脂肪 Fat /g	35.5	31.5	29.8	23.3	34.1
碳水 Carbs /g	114.4	135.8	145.7	128.3	150.7

	Type	Monday (4.21)	Tuesday (4.22)	Wednesday(4.23) Hong Kong Food	Thursday(4.24)	Friday(4.25)
午餐 Lunch	汤 Soup	番茄牛腩汤 Beef Brisket Soup with Tomatoes	山药芙蓉汤 Yam and Egg Drop Soup	碗仔翅汤 Vermicelli Soup	虫草花乌鸡汤 Black-bone Chicken Soup with Cordyceps Militaris Flowers	玉米胡萝卜猪骨汤 Pig Bone Soup with Corn and Carrots
	主菜 Entrees	匈牙利炖牛肉 Beef Goulash 肉末水蒸蛋 Steamed Egg with Minced Pork	香煎鱼柳配番茄汁 Pan-fried Fish Fillet with Tomato Sauce 孜然鸡肉 Chicken with Cumin Seasoning	港式叉烧 Hong Kong - style Barbecued Pork 滑蛋牛肉 Stir-fried Beef with Scrambled Eggs 	蒜香汁猪扒 Pork Chop with Garlic Sauce 番茄炒鸡蛋 Stir-fried Tomatoes with Eggs 	南乳焖牛腩 Braised Beef Brisket in Red Fermented Bean Curd Sauce 莲藕蜜豆炒鸡肉 Stir-fried Chicken with Lotus Root and Honey Beans 
	蔬菜 Veg	蒜蓉菜心 Stir - Fried Chinese Flowering Cabbage with Garlic	京包菜 Chinese cabbage	蚝油生菜 Sautéed Lettuce in Oyster Sauce	清炒春菜 Fried Spring Vegetable	清炒上海青 Fried Chinese Cabbage
	主食 Staple	燕麦米饭 Oat Rice	白米饭 Rice	白米饭 Rice	雪菜鸡肉饭 Chicken and Vegetable Rice	红薯饭 Sweet Potato Rice
	水果 Fruit	哈密瓜 Hami melon	橙子 Orange	西瓜 Watermelon	香蕉 Banana	苹果 Apple

### 营养分析 / Nutrition Facts

热量 Energy /kcal	556.0	615.8	648.2	574.2	551.9
蛋白 Protein /g	31.6	38.9	29.8	26.6	25.6
脂肪 Fat /g	13.2	17.4	21.8	15.3	13.0
碳水 Carbs /g	77.8	75.9	83.1	82.6	83.2



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 (4.21)	Tuesday (4.22)	Wednesday(4.23) Hong Kong Food	Thursday(4.24)	Friday(4.25)
中餐 Chinese	汤 Soup		 番茄牛腩汤 Beef Brisket Soup with Tomatoes	 山药芙蓉汤 Yam and Egg Drop Soup	碗仔翅汤 Vermicelli Soup	虫草花乌鸡汤 Black-bone Chicken Soup with Cordyceps Militaris Flowers	 玉米胡萝卜猪骨汤 Pig Bone Soup with Corn and Carrots
	主菜 Entrees		 小炒肉 Stir-fried Pork with Chili Peppers  黄焖鸡 Braised Chicken  肉末水蒸蛋 Steamed Egg with Minced Pork 	潮汕卤水鹅配油豆腐  Chaoshan Braised Goose in Spiced Sauce with Deep-fried Bean Curd  黄瓜滑肉片 Sliced Pork with Cucumber 孜然鸡肉 Chicken with Cumin Seasoning	 港式叉烧 Hong Kong - style Barbecued Pork  滑蛋牛肉 Stir-fried Beef with Scrambled Eggs  鱼香茄子 Minced Pork with Eggplant	 酸菜鱼 Boiled Fish with Sichuan Pickles  番茄炒鸡蛋 Stir-fried Tomatoes with Eggs 香干炒回锅肉 Stir - fried Pork with Dried Tofu  	 南乳焖牛腩 Braised Beef Brisket in Red Fermented Bean Curd Sauce  香辣土豆丝炒肉 Stir-fried Shredded Potatoes and Pork (Spicy)  莲藕蜜豆炒鸡肉 Stir-fried Chicken with Lotus Root and Honey Beans
	蔬菜 Veg		蒜蓉菜心 Stir - Fried Chinese Flowering Cabbage with Garlic	京包菜 Chinese cabbage	 蚝油生菜 Sautéed Lettuce in Oyster Sauce	清炒春菜 Fried Spring Vegetable	清炒上海青 Fried Chinese Cabbage
	主食 Staple		燕麦米饭 Oat Rice	白米饭 Rice	白米饭 Rice	雪菜鸡肉饭 Chicken and Vegetable Rice	红薯饭 Sweet Potato Rice
	水果 Fruit		哈密瓜 Hami melon	橙子 Orange	西瓜 Watermelon	香蕉 Banana	苹果 Apple

### 营养分析 / Nutrition Facts

热量 Energy /kcal	864.3	806.9	862.4	802.2	790.6
蛋白 Protein /g	50.2	45.3	39.4	38.4	33.6
脂肪 Fat /g	28.2	22.5	26.8	24.4	19.0
碳水 Carbs /g	102.4	105.7	115.8	107.2	121.3

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 (4.21)	Tuesday (4.22)	Wednesday(4.23) Hong Kong Food	Thursday(4.24)	Friday(4.25)
西餐 Western	汤 Soup	 红薯浓汤 Sweet Potato Cream Soup	 意式蔬菜汤 Italian-style Vegetable Soup	 奶油蘑菇汤 Cream of Mushroom Soup	 西班牙海鲜汤 Spanish Seafood Soup	 玉米奶油汤 Corn Cream Soup	
	主菜 Entrees	 匈牙利炖牛肉 Beef Goulash  南瓜蜜豆配烤肠 Stuffed Pumpkin with Honey Beans and Sausage	 香煎鱼柳配番茄汁 Pan-fried Fish Fillet with Tomato Sauce  蒜香牛肉 Garlic-flavored Beef	瑞士鸡翅 Swiss-style Chicken Wings  咖喱鱼蛋 Curry Fish Balls	 蒜香汁猪扒 Pork Chop with Garlic Sauce 香草鸡胸肉 Chicken Breast with Herbs	 意大利红烩海鲜 Italian seafood  泰式炒猪肉 Thai-style Stir-fried Pork	
	配菜 Side Dish	 黄油西兰花 Broccoli with Butter	烤胡萝卜配彩椒 Roasted Carrots with Colored Bell Peppers	樱桃番茄配西兰花 Cherry Tomatoes with Broccoli	炒双色甘蓝 Stir-fried Two-color Cabbage	 黄油杂菇 Mixed Mushrooms in Butter Sauce	
	主食 Staple	 煎饺 Fried Pork Dumplings	番茄意大利面 Tomato Pasta	蒸红薯 Sweet Potatoes	墨西哥烤玉米 Mexican Grilled Corn	 土豆泥 Mashed Potatoes	
	水果 Fruit	哈密瓜 Hami melon	橙子 Orange	西瓜 Watermelon	香蕉 Banana	苹果 Apple	

营养分析 / Nutrition Facts

热量 Energy /kcal	879.9	837.0	760.9	813.6	860.5
蛋白 Protein /g	41.3	46.4	33.5	42.0	33.9
脂肪 Fat /g	31.3	25.3	24.1	26.0	34.5
碳水 Carbs /g	108.4	105.9	102.5	103.0	103.6

特色档 Special	 照烧鸡腿汤面配油豆腐 Soy Sauce Chicken Drumstick Noodle Soup with Deep-fried Bean Curd	 臊子面配煎蛋 Noodles with a Fried Egg	 XO酱海鲜车仔面 Seafood Noodles with XO Sauce	 番茄牛腩面配鸡蛋 Beef Brisket Noodles with Tomatoes and Egg	 卤肉烤肠刀削面 Sliced Noodles with Braised Pork and Grilled Sausage
----------------	---	--	--	---	--

营养分析 / Nutrition Facts

热量 Energy /kcal	785.6	752.6	724.0	759.4	728.2
蛋白 Protein /g	43.4	35.5	41.3	40.5	40.4
脂肪 Fat /g	23.0	27.7	21.4	26.1	19.6
碳水 Carbs /g	101.1	90.4	91.5	90.7	97.7

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