



Hongqiao ECE Campus Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JANUARY 17	JANUARY 18	JANUARY 19	JANUARY 20	JANUARY 21
MAIN COURSE	Chicken Tikka Masala	Beef Bolognese	Turkey & Cheese Croissant	Chinese BBQ Pork	Monterey Chicken
ALLERGEN INFORMATION	D	G, D	G, D, E	L	D, L
STAPLE FOOD	Naan/Vegetable Samosa	Spaghetti with Cherry Tomato & Olive Oil	Roasted Sweet Potato	Egg Fried Rice	Penne with Potato & Pesto Sauce
ALLERGEN INFORMATION	G	G		E	G, D
VEGETABLES	Oriental Cooked Vegetable (Chinese Asparagus, Carrot, Mushroom)	Steamed Carrot & Cauliflower	Steamed Corn, Carrot & Green Peas	Sauteed Bok Choy	Steamed Broccoli & Carrot
ALLERGEN INFORMATION			L		
VEGETARIAN DISH (on request)	Tofu Tikka Masala	Chickpea Bolognese	Tomato & Cheese Croissant	Chinese BBQ Tofu	Monterey Vegetables
ALLERGEN INFORMATION	D, L	G, D	G, D, E	L	D, L
SIDE DISH	Egg		Egg		Egg
DRINKS	Milk	Milk, Yogurt	Milk	Milk, Yogurt	Milk
FRUITS	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit

* ALLERGY CONTENT: (D) DAIRY (E) EGG (G) GLUTEN (L) LEGUMES (N) NUTS (S) SEAFOOD



Nutrition Facts

January 17-21 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Sugar (g)
Chicken Tikka Masala	82	5	2	15	200	1
Beef Bolognese	203	7	23	13	126	1
Turkey & Cheese Croissant	213	10	12	8	424	5
Chinese BBQ Pork	260	6	18	13	172	6
Monterey Chicken	173	6	8	24	383	1
Naan	69	3	9	2	71	0
Spaghetti with Cherry Tomato & Olive Oil	107	4	4	3	97	1
Roasted Sweet Potato	39	2	2	1	19	2
Egg Fried Rice	117	4	7	7	169	1
Penne with Potato & Pesto Sauce	215	7	26	6	194	1
Oriental Cooked Vegetable (Chinese Asparagus, Carrot, Mushroom)	60	3	8	3	231	4
Steamed Carrot & Cauliflower	33	0	7	2	29	3
Steamed Corn, Carrot & Green Peas	52	0	12	2	28	3
Sauteed Bok Choy	43	3	4	4	241	1
Steamed Broccoli & Carrot	57	2	9	2	203	3

* ALL DATA FOR REFERENCE ONLY