



Hongqiao Main Campus Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JANUARY 17	JANUARY 18	JANUARY 19	JANUARY 20	JANUARY 21
MAIN COURSE	Chicken Tikka Masala	Beef Bolognese	Sichuan Pepper Fish	Monterey Chicken	Braised Pork Chop with Onions
ALLERGEN CONTENT	D	G, D	S, L	D	L
STAPLE FOOD	Naan	Spaghetti with Garlic & Mushroom	Yangzhou Fried Rice	Roasted Potato	Oriental Fried Rice
ALLERGEN CONTENT	G	G	E		S, E
VEGETABLES	Oriental Cooked Vegetable (Chinese Asparagus, Carrot, Mushroom)	Sauteed Carrot & Cauliflower	Sauteed Bok Choy	Steamed Broccoli & Carrot	Sauteed Carrot & Cabbage
ALLERGEN CONTENT					
SPECIALTIES	Vegetable Samosa	Garlic Bread	Pan-Fried Pork Dumplings	Hot Dog	Corn Roll
ALLERGEN CONTENT	G	G, D	G	G	
SANDWICH BAR	Ham	Egg Salad	Bacon	Paprika Lyoner	Turkey
ALLERGEN CONTENT		E			
VEGETARIAN DISH (on request)	Eggplant Tikka Masala	Chickpea Bolognese	Sichuan Pepper Tofu	Monterey Vegetables	Braised Tofu with Onions
ALLERGEN CONTENT	D	G, D, L	S, L	D	L
SALAD BAR	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
DRINKS	Milk, Plain Yogurt, Apple Juice, Orange Juice, Lemonade	Milk, Fruit Yogurt, Apple Juice, Orange Juice, Peach Juice	Milk, Plain Yogurt, Apple Juice, Orange Juice, Grape Juice	Milk, Fruit Yogurt, Apple Juice, Orange Juice, Peach Juice	Milk, Plain Yogurt, Apple Juice, Orange Juice, Lemonade
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	164	10	3	29	399	2
Beef Bolognese	406	14	46	26	251	2
Sichuan Pepper Fish	276	8	8	60	907	2
Monterey Chicken	345	11	16	49	765	3
Braised Pork Chop with Onions	264	14	7	47	858	2
Naan	137	5	18	3	142	1
Spaghetti with Garlic & Mushroom	274	8	13	13	376	2
Yangzhou Fried Rice	240	10	7	10	359	2
Roasted Potato	227	6	36	6	377	3
Oriental Fried Rice	282	13	32	10	525	1
Oriental Cooked Vegetable (Chinese Asparagus, Carrot, Mushroom)	119	5	16	5	462	7
Sauteed Bok Choy	70	5	7	7	482	2
Sauteed Carrot & Cauliflower	66	0	13	3	57	5
Steamed Broccoli & Carrot	21	0	6	4	54	5
Sauteed Carrot & Cabbage	253	6	32	5	562	10

* ALL DATA FOR REFERENCE ONLY