

 ES Weekly Menu					
Counter 柜台	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
Week 6				6-Oct	7-Oct
Set Menu 儿童套餐				奥尔良鸡翅根 Drumette	肉酱 Bolognese
				培根菠萝披萨 Bacon pizza	直面 Spaghetti
				西红柿炒鸡蛋 Tomato egg with tomato	咖喱牛腩 Curry beef
				西蓝花 Broccoli	花菜胡萝卜 Cauliflower with carrot
				白米饭 Steamed rice	白米饭 Steamed rice
				南瓜蛋糕 Pumpkin cake	胡萝卜蛋糕 Carrot cake
				西瓜 Watermelon	橙子 Orange
Drink 饮品	Milk/Yogurt/Soy milk 牛奶/酸奶/豆奶				

Daily Main Nutrient Data

Thu	Nutrient Element	World Kitchen	Asian Kitchen	Basic Vegetarian	Super Food	Chef Special	Powered by plants	Live noodles	Kid Set
	Energy(Kcal)	911.2	895.3	954.7	901.4	907.5	856.7	910.7	653.7
	Protein(g)	30.4	33	38.5	34.5	33.4	37.5	35.7	32.7
	Fat(g)	20.3	420.4	30.4	21.4	29.7	25.7	29.7	17
	Carb(g)	133.4	130.5	132.5	123.4	130.7	110.7	100.7	590.7
	Ca(mg)	312.4	360.4	310.7	455.8	401	358.7	325.7	255.7
	Fe(mg)	5.2	6.4	7.8	5.8	7	6.7	9.7	9

Fri	Nutrient Element	World Kitchen	Asian Kitchen	Basic Vegetarian	Super Food	Chef Special	Powered by plants	Live noodles	Kid Set
	Energy(Kcal)	801.4	912.4	812.7	810.5	957	704.7	907.5	800.7
	Protein(g)	33.2	43.5	30	23.5	23.4	33.5	30.7	32.7
	Fat(g)	21.4	29.4	25.4	19.7	29.7	25	25.8	24.2
	Carb(g)	99.4	110.4	102.4	98.7	133.7	78.7	100.7	80.5
	Ca(mg)	305.4	301	399.4	300.7	498.2	395.4	400.7	200.7
	Fe(mg)	7.5	48.7	6.5	4.5	7.8	8.7	9.7	5.7