

MS/HS MENU						
Counter 柜台	Item 项目	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
Week 6				PIZZA DAY	6-Oct	BURGER DAY 7-Oct
World Kitchen 世界厨房 (Set Menu套餐) 世界厨房	Western Protein 西餐荤菜				奶油培根 Cream bacon	炸鱼排 Fried fish
	Starch 淀粉/主食				通心粉 Penne	卡真土豆 Cajun potato
	Vegetable 蔬菜				西蓝花花椰菜 Broccoli and cauliflower	烤茭瓜胡萝卜 Roasted zucchini and carrot
	Soup 汤				土豆浓汤 Cream potato soup	酸辣汤 Sour spicy soup
	Dessert /Snack 甜品				南瓜蛋糕 Pumpkin cake	胡萝卜蛋糕 Carrot cake
Asian Kitchen 亚洲厨房 (Set Menu套餐) Asian Wok	Asian Protein 亚洲荤菜				狮子头 Meatball	咖喱牛肉 Curry beef
	Asian Protein 亚洲荤菜				西红柿炒鸡蛋 Fried egg with tomato	麻婆豆腐 Mapo tofu
	Vegetable 蔬菜				香菇青菜 Local green vegetable with mushroom	蚝油生菜 Oyster sauce with lettuce
	Starch 淀粉/主食				杂粮饭 Multigrain mixed rice	白米饭 Steamed rice
	Soup 汤				土豆浓汤 Cream potato soup	酸辣汤 Sour spicy soup
	Dessert /Snack 甜品				南瓜蛋糕 Pumpkin cake	胡萝卜蛋糕 Carrot cake
					素食芝士墨西哥卷 Vegetarian quesadilla	越南炒米粉 Fried rice noodle
	Super Food 超级健康餐				金枪鱼谷物蛋白碗 Tuna health bowl	别样肉三明治 Beyond meat sandwich with salad
Chef Special 主厨推荐 (Premium/Carving)					日式炸猪排 咖喱蔬菜 日式炒饭配炖蛋 甜品蛋糕 Fried pork fillet Curry vegetable Fried rice with steamed egg Cake	手撕猪肉汉堡 薯格 甜品蛋糕 Pulled pork burger Fried fries Cake
Powered by plants 健康园 POWERED BY PLANTS					泰式海鲜色拉 Seafood salad	凯撒色拉 Ceasar salad
Live Noodles 面档	Noodles/Dumplings 面条饺子				鸡腿面配素鸡 Chicken leg with tofu noodle	新加坡叻沙 Laksa

### Daily Main Nutrient Data

Thu	Nutrient Element	World Kitchen	Asian Kitchen	Basic Vegetarian	Super Food	Chef Special	Powered by plants	Live noodles	Kid Set
	<b>Energy(Kcal)</b>	911.2	895.3	954.7	901.4	907.5	856.7	910.7	653.7
	<b>Protein(g)</b>	30.4	33	38.5	34.5	33.4	37.5	35.7	32.7
	<b>Fat(g)</b>	20.3	420.4	30.4	21.4	29.7	25.7	29.7	17
	<b>Carb(g)</b>	133.4	130.5	132.5	123.4	130.7	110.7	100.7	590.7
	<b>Ca(mg)</b>	312.4	360.4	310.7	455.8	401	358.7	325.7	255.7
	<b>Fe(mg)</b>	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
	<b>Energy(Kcal)</b>	801.4	912.4	812.7	810.5	957	704.7	907.5	800.7
	<b>Protein(g)</b>	33.2	43.5	30	23.5	23.4	33.5	30.7	32.7
	<b>Fat(g)</b>	21.4	29.4	25.4	19.7	29.7	25	25.8	24.2
	<b>Carb(g)</b>	99.4	110.4	102.4	98.7	133.7	78.7	100.7	80.5
	<b>Ca(mg)</b>	305.4	301	399.4	300.7	498.2	395.4	400.7	200.7
	<b>Fe(mg)</b>	7.5	48.7	6.5	4.5	7.8	8.7	9.7	5.7