

Hongqiao Main Campus Menu



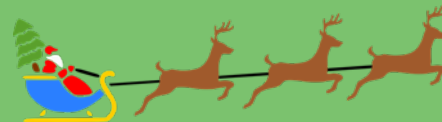
**HAPPY
HOLIDAYS**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	DECEMBER 5	DECEMBER 6	DECEMBER 7	DECEMBER 8	DECEMBER 9
MAIN COURSE	Mediterranean Chicken	Beef Bulgogi	Chicken Tarragon	Breaded Fish with Japanese Curry	Chicken Nuggets
ALLERGEN CONTENT		L	D	S, G, E	G, E
STAPLE FOOD	Spaghetti with Alfredo Sauce	Vegetable Fried Rice	Penne with Potato and Pesto	Egg Fried Rice (with Peas & Corns)	New Fried Potato with Herbs
ALLERGEN CONTENT	G, D		G, D	E, L	D
VEGETABLES	Sauteed Mixed Vegetables (Bell Pepper, Zucchini, Mushroom)	Sauteed Chinese Cabbage	Steamed Carrot & Broccoli	Sauteed Cabbage with Mushroom	Steamed Broccoli, Carrot & Cauliflower
ALLERGEN CONTENT					
SPECIALTIES	Minestrone Vegetable Soup	Fried Vegetable Spring roll	Vegetable & Beans Quesadilla	Pan-Fried Pork Dumplings	Corn on the Cob
ALLERGEN CONTENT	L	G	G, D, L	G	D
SANDWICH	Ham & Cheese	Turkey & Cheese	Egg Salad	Bacon	Paprika Lyoner & Cheese
ALLERGEN CONTENT	G, D	G, D	G, E	G, D	G, D
VEGETARIAN DISH (on request)	Mediterranean Vegetables	Vegetable & Chickpea Bulgogi	Mushroom Tarragon	Breaded Tofu with Japanese Curry	Tofu Nuggets
ALLERGEN CONTENT		L	D	G, E, L	G, E, L
DRINKS	Milk, Yogurt, Apple Juice, Orange Juice, Lemonade	Milk, Fruit Yogurt, Apple Juice, Orange Juice, Grape Juice	Milk, Yogurt, Apple Juice, Orange Juice, Peach Juice	Milk, Fruit Yogurt, Apple Juice, Orange Juice, Grape Juice	Milk, 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



Dec 5-9 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Mediterranean Chicken	262	5	10	47	930	4
Beef Bulgogi	343	14	12	13	447	4
Chicken Tarragon	478	1	18	30	568	2
Breaded Fish with Japanese Curry	482	125	12	133	955	1
Chicken Nuggets	313	11	12	42	268	0
Spaghetti with Alfredo Sauce	428	42	8	13	565	2
Vegetable Fried Rice	170	33	4	4	533	2
Penne with Potato and Pesto	430	52	13	11	387	1
Egg Fried Rice (with Peas & Corns)	233	13	7	14	338	2
New Fried Potato with Herbs	264	55	10	6	401	3
Sauteed Mixed Vegetables (Bell Pepper, Zucchini, Mushroom)	139	23	6	4	223	1
Sauteed Chinese Cabbage	92	7	6	2	212	2
Steamed Carrot & Broccoli	113	18	4	5	406	7
Sauteed Cabbage with Mushroom	256	28	15	4	316	5
Steamed Broccoli, Carrot & Cauliflower	31	13	0	3	70	5

* ALL DATA FOR REFERENCE ONLY