

Happy  
Holidays!

# Hongqiao ECE Campus Menu



	MONDAY DECEMBER 5	TUESDAY DECEMBER 6	WEDNESDAY DECEMBER 7	THURSDAY DECEMBER 8	FRIDAY DECEMBER 9
<b>MAIN COURSE</b>	Mediterranean Chicken	Beef Bulgogi	BBQ Shredded Pork Bun	Breaded Fish with Japanese Curry	Chicken Nuggets
<b>ALLERGEN INFORMATION</b>		L	G	S, E, G	G, E
<b>STAPLE FOOD</b>	Baked Macaroni & Cheese	Vegetable Fried Rice Steamed Pork Siumai	Sweet Potato Wedges	Egg Fried Rice (with Peas & Corns)	New Fried Potato with Herbs
<b>ALLERGEN INFORMATION</b>	G, D	G, L		E, L	D
<b>VEGETABLES</b>	Sauteed Mixed Vegetables (Bell Pepper, Zucchini, Mushroom)	Sauteed Chinese Cabbage	Steamed Corn, Carrot & Green Peas	Sauteed Cabbage with Carrot	Steamed Broccoli, Carrot & Cauliflower
<b>ALLERGEN INFORMATION</b>			L		
<b>VEGETARIAN DISH (on request)</b>	Mediterranean Vegetables	Vegetable & Tofu Bulgogi	BBQ Vegetable & Mushroom Bun	Breaded Tofu with Japanese Curry	Chickpea & Vegetable Nuggets
<b>ALLERGEN INFORMATION</b>		L	G	G, E, L	G, E, L
<b>SIDE DISH</b>	Egg		Egg		Egg
<b>DRINKS</b>	Milk	Milk, Yogurt	Milk	Milk, Yogurt	Milk
<b>FRUITS</b>	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	131	2	5	24	465	2
Beef Bulgogi	172	7	6	6	224	2
BBQ Shredded Pork Bun	173	2	14	9	180	2
Breaded Fish with Japanese Curry	241	63	6	67	478	1
Chicken Nuggets	157	6	6	21	134	0
Baked Macaroni & Cheese	201	15	8	9	225	2
Vegetable Fried Rice	85	16	2	2	267	1
Sweet Potato Wedges	53	2	8	1	19	2
Egg Fried Rice (with Peas & Corns)	117	7	4	7	169	1
New Fried Potato with Herbs	132	28	5	3	20`	1
Sauteed Mixed Vegetables (Bell Pepper, Zucchini, Mushroom)	70	12	3	2	112	1
Sauteed Chinese Cabbage	46	4	3	1	106	1
Sauteed Cabbage with Carrot	46	6	3	1	227	3
Steamed Corn, Carrot & Green Peas	52	12	0	2	28	3
Steamed Broccoli, Carrot & Cauliflower	16	7	0	2	35	3

\* ALL DATA FOR REFERENCE ONLY