

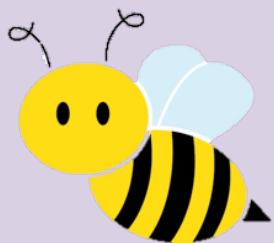


Hongqiao ECE Campus Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MARCH 20	MARCH 21	MARCH 22	MARCH 23	MARCH 24
MAIN COURSE	Soy Sauce Chicken	Roasted Beef with Gravy	Turkey & Cheese Croissant	Sweet & Sour Fish	Shake & Bake Chicken
ALLERGEN INFORMATION	L	G	G, D, E		G, D
STAPLE FOOD	Carrot Rice	Mashed Potato & Cauliflower	Ham & Cheese Quiche	Yangzhou Fried Rice Steamed Siu mai	Macaroni with Cheese
ALLERGEN INFORMATION		G, D	D, E		G, D
VEGETABLES	Sauteed Chinese Cabbage	Steamed Broccoli & Carrot	Steamed Corn, Carrot & Green Peas	Stir-Fried Choy Sum with Garlic	Steamed Broccoli
ALLERGEN INFORMATION			L		
VEGETARIAN DISH (on request)	Soy Sauce Tofu	Roasted Eggplant with Gravy	Tomato & Cheese Croissant	Sweet & Sour Tofu	Shake & Bake Eggplant
ALLERGEN INFORMATION	L	G	G, D, E	L	G, D
SIDE DISH	Egg		Egg		Egg
DRINKS	Milk	Milk, Yogurt	Milk	Milk, Yogurt	Milk
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



March 20-24 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Soy Sauce Chicken	82	4	4	12	343	1
Roasted Beef with Gravy	128	5	6	5	367	1
Turkey & Cheese Croissant	213	12	10	8	424	5
Sweet & Sour Fish	104	2	3	13	264	1
Shake & Bake Chicken	230	4	14	16	295	0
Carrot Rice	65	14	0	2	25	1
Mashed Potato & Cauliflower	124	4	5	2	115	2
Ham & Cheese Quiche	213	12	11	8	424	5
Yangzhou Fried Rice	120	4	5	5	180	1
Macaroni with Cheese	282	27	9	10	206	4
Sauteed Chinese Cabbage	46	4	3	1	106	1
Steamed Broccoli & Carrot	57	9	2	2	203	3
Steamed Corn, Carrot & Green Peas	52	12	0	2	28	3
Steamed Broccoli	15	3	0	1	15	1
Stir-Fried Choy Sum with Garlic	89	4	7	3	102	0