



Pudong Campus Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MARCH 20	MARCH 21	MARCH 22	MARCH 23	MARCH 24
MAIN COURSE	Chicken Teriyaki	Beef Bolognese	Shake & Bake Chicken	Sweet & Sour Pork	Chicken Stroganoff
ALLERGEN CONTENT	L	G	G, D	G, E	G, D
STAPLE FOOD	Brown Rice	Spaghetti with Tomato & Basil	Roasted Potato	Vegetable Fried Rice	Penne with Tomato & Olive Oil
ALLERGEN CONTENT		G			G, L, S
VEGETABLES	Sauteed Cabbage with Carrot	Steamed Broccoli, Carrot & Cauliflower	Steamed Corn, Carrot & Green Peas	Sauteed Bok Choy	Roasted Mixed Vegetables (Carrot, Bell Pepper, Zucchini)
ALLERGEN CONTENT			L		
SPECIALTIES	Fried Vegetable Spring roll	Minestrone Vegetable Soup	Pancake with Syrup	Sweet Taro Balls	Ham & Cheese Quiche
ALLERGEN CONTENT	G	L	G, D, E	G	D, E
SANDWICH BAR	Ham	Egg Salad	Tuna Salad	Turkey	Bacon
ALLERGEN CONTENT		E	E		
VEGETARIAN DISH (on request)	Teriyaki Tofu & Vegetable	Chickpea Bolognese	Shake & Bake Eggplant	Sweet & Sour Tofu	Chickpea & Vegetable Stroganoff
ALLERGEN CONTENT	L	G, L	G, D	L	G, D, L
SALAD BAR	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
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

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

Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Chicken Teriyaki	230	37	9	9	790	17
Beef Bolognese	406	46	14	26	251	2
Shake & Bake Chicken	460	8	27	31	590	0
Sweet & Sour Pork	319	8	11	26	329	3
Chicken Stroganoff	238	10	14	29	356	2
Brown Rice	124	21	1	3	39	1
Spaghetti with Tomato & Basil	213	8	8	5	194	1
Roasted Potato	227	36	6	6	377	3
Vegetable Fried Rice	170	33	4	4	533	2
Penne with Tomato & Olive Oil	271	42	7	9	376	2
Sauteed Cabbage with Carrot	91	12	5	2	454	6
Sauteed Bok Choy	85	7	5	7	482	2
Steamed Broccoli, Carrot & Cauliflower	31	13	0	3	70	5
Steamed Corn, Carrot & Green Peas	104	24	0	4	56	6
Roasted Mixed Vegetables (Carrot, Bell Pepper, Zucchini)	140	18	6	7	400	5

* ALL DATA FOR REFERENCE ONLY