



Hongqiao ECE Campus Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SEPTEMBER 25	SEPTEMBER 26	SEPTEMBER 27	SEPTEMBER 28	SEPTEMBER 29
MAIN COURSE	Portuguese Chicken Curry	Beef Bolognese	Pepperoni Pizza		
ALLERGEN CONTENT	D	G D	G D		
STAPLE FOOD	Brown Rice	Spaghetti with Cherry Tomato & Olive Oil	Omelet Roll		
ALLERGEN CONTENT		G	E		
VEGETABLES	Sauteed Chinese Cabbage	Steamed Broccoli & Carrot	Steamed Corn, Carrot & Green Peas		
ALLERGEN CONTENT			L		
VEGETARIAN DISH (on request)	Portuguese Vegetable & Chickpea Curry	Chickpea Bolognese	Cheese Pizza		
ALLERGEN CONTENT	L D	G D L	G D		
SIDE DISH	Egg		Egg		
DRINKS	Milk	Milk, Yogurt	Milk		
FRUITS	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		

* ALLERGY CONTENT: (D) DAIRY (E) EGG (G) GLUTEN (L) LEGUMES (N) NUTS (S) SEAFOOD



Nutrition Facts



September 25-27 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Portuguese Chicken Curry	91	3	6	12	197	1
Beef Bolognese	203	23	7	13	126	1
Pepperoni Pizza	105	15	3	5	290	1
Brown Rice	62	11	1	2	20	1
Spaghetti with Cherry Tomato and Olive Oil	107	4	4	3	97	1
Omelet Roll	95	4	5	3	143	1
Sauteed Chinese Cabbage	46	5	3	2	112	1
Steamed Broccoli and Carrot	57	9	2	2	203	3
Steamed Corn , Carrot & Green Peas	52	12	0	2	28	3