



Pudong Campus Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SEPTEMBER 25	SEPTEMBER 26	SEPTEMBER 27	SEPTEMBER 28	SEPTEMBER 29
MAIN COURSE	Portuguese Chicken Curry	Beef Lasagna	Hawaiian BBQ Chicken		
ALLERGEN CONTENT	D	G D E	L		
STAPLE FOOD	Brown Rice	Roasted Mushroom	Baked Macaroni and Cheese		
ALLERGEN CONTENT			G D		
VEGETABLES	Sauteed Chinese Green Vegetables	Sauteed Spinach	Roasted Mixed Vegetables (Bell Pepper, Zucchini, Mushroom)		
ALLERGEN CONTENT		D			
SPECIALTIES	Fried Wonton	Garlic Bread	Ham and Cheese Quiche		
ALLERGEN CONTENT	G L	G D	E D		
SANDWICH BAR	Ham	Bacon	Tuna Salad		
ALLERGEN CONTENT			S E		
VEGETARIAN DISH (on request)	Portuguese Vegetable and Chickpea Curry	Eggplant Lasagna	Hawaiian BBQ Mushroom		
ALLERGEN CONTENT	L D	G D E			
SALAD BAR	Salad Bar	Salad Bar	Salad Bar		
DRINKS	Milk, Plain Yogurt, Apple Juice, Orange Juice, Lemonade	Milk, Fruit Yogurt, Apple Juice, Orange Juice, Grape Juice	Milk, Plain Yogurt, Apple Juice, Orange Juice, Peach Juice		
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	181	6	11	24	294	1
Beef Lasagna	366	13	28	28	297	6
Hawaiian BBQ Chicken	457	15	10	82	433	9
Brown Rice	124	21	1	3	39	1
Roasted Mushroom	140	18	6	7	400	5
Baked Macaroni and Cheese	564	54	18	20	411	8
Sauteed Chinese Green Vegetables	81	10	4	2	292	2
Sauteed Spinach	67	6	3	2	247	0
Roasted Mixed Vegetables (Bell Pepper, Zucchini, Mushroom)	140	18	6	7	400	5

* ALL DATA FOR REFERENCE ONLY