

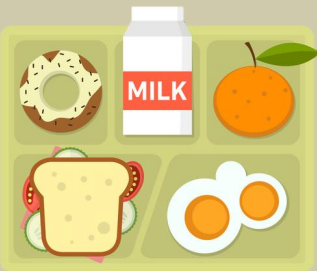


# Hongqiao Campus Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	OCTOBER 9	OCTOBER 10	OCTOBER 11	OCTOBER 12	OCTOBER 13
<b>MAIN COURSE</b>	Japanese Curry Chicken	Beef Bolognese	Southern Style Fried Chicken	Pork Bulgogi	Monterey Chicken
<b>ALLERGEN CONTENT</b>	G	G D	G E D	L	D L
<b>STAPLE FOOD</b>	Brown Rice	Spaghetti with Tomato and Basil	Mashed potatoes	Brown Rice	Creamed Corn
<b>ALLERGEN CONTENT</b>		G	D		D
<b>VEGETABLES</b>	Sauteed Sweet Potato Leaves	Sauteed Broccoli and Carrot	Steamed Corn, Carrot & Green Peas	Sauteed Bok Choy	Steamed Broccoli, Carrot & Cauliflower
<b>ALLERGEN CONTENT</b>			L		
<b>SPECIALTIES</b>	Fried Vegetable Spring Roll	Tomato Bruschetta	Corn Fritters	Steamed Vegetable Dumpling	Vegetable & Bean Quesadilla
<b>ALLERGEN CONTENT</b>	G	G D	G E	G L	G D L
<b>SANDWICH BAR</b>	Ham	Egg Salad	Tuna Salad	Chicken	Bacon
<b>ALLERGEN CONTENT</b>		E	S E		
<b>VEGETARIAN DISH (on request)</b>	Japanese Curry Tofu & Vegetables	Chickpea Bolognese	Southern Style Fried Zucchini	Tofu Bulgogi	Monterey Mushroom
<b>ALLERGEN CONTENT</b>	G L	G D L	G E D	L	D L
<b>SALAD BAR</b>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>DRINKS</b>	Milk, Plain Yogurt, Apple Juice, Orange Juice	Milk, Fruit Yogurt, Apple Juice, Grape Juice	Milk, Plain Yogurt, Apple Juice, Orange Juice	Milk, Fruit Yogurt, Apple Juice, Lemonade	Milk, Plain Yogurt, Apple Juice, Orange Juice
<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



## October 9 - 13 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Japanese Curry Chicken	160	6	13	15	624	3
Beef Bolognese	406	46	14	26	251	2
Southern Style Fried Chicken	346	15	13	42	385	1
Pork Bulgogi	343	14	12	13	447	4
Monterey Chicken	345	16	11	49	765	3
Brown Rice	124	21	1	3	39	1
Spaghetti with Tomato and Basil	213	8	8	5	194	1
Mashed potatoes	256	8	12	3	337	1
Brown Rice	124	21	1	3	39	1
Creamed Corn	150	26	3	5	10	10
Sauteed Sweet Potato Leaves	104	5	8	4	206	0
Sauteed Broccoli and Carrot	21	6	0	4	54	5
Steamed Corn, Carrot & Green Peas	104	24	0	4	56	6
Sauteed Bok Choy	70	7	5	7	482	2
Steamed Broccoli, Carrot & Cauliflower	55	3	5	3	406	5

\* ALL DATA FOR REFERENCE ONLY