



Hongqiao ECE Campus Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	OCTOBER 9	OCTOBER 10	OCTOBER 11	OCTOBER 12	OCTOBER 13
MAIN COURSE	Japanese Curry Chicken	Beef Bolognese	Chicken Burger	Pork Bulgogi	Monterey Chicken
ALLERGEN CONTENT	G	G D	G E	L	D
STAPLE FOOD	Brown Rice	Spaghetti with Tomato and Basil	Mashed Potato	Vegetable Fried Rice/Steamed Vegetable Dumpling	Fusilli with Cherry Tomato & Pesto Sauce
ALLERGEN CONTENT		G	D	G L	G
VEGETABLES	Sauteed Sweet Potato Leaves	Steamed Broccoli and Carrot	Steamed Corn, Carrot & Green Peas	Sauteed Bok Choy	Steamed Broccoli, Carrot & Cauliflower
ALLERGEN CONTENT		D	L		
VEGETARIAN DISH (on request)	Japanese Curry Tofu & Vegetables	Chickpea Bolognese	Vegetable Burger	Tofu Bulgogi	Monterey Mushroom
ALLERGEN CONTENT	G L	G D L	G L	L	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



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	80	3	7	7	312	1
Beef Bolognese	203	23	7	13	126	1
Chicken Burger	262	14	10	26	406	1
Pork Bulgogi	181	6	5	5	215	3
Monterey Chicken	173	8	6	24	383	1
Brown Rice	62	11	1	2	20	1
Spaghetti with Tomato and Basil	107	4	4	3	97	1
Mashed Potato	128	14	7	2	158	2
Vegetable Fried Rice	85	16	2	2	267	1
Steamed Vegetable Dumpling	23	4	2	1	40	1
Fusilli with Cherry Tomato & Pesto Sauce	215	26	7	6	194	1
Sauteed Sweet Potato Leaves	52	3	4	2	103	0
Steamed Broccoli and Carrot	11	3	0	2	27	3
Steamed Corn, Carrot & Green Peas	52	12	0	2	28	3
Steamed Broccoli, Carrot & Cauliflower	16	7	0	2	35	3

* ALL DATA FOR REFERENCE ONLY