



# Pudong Campus Lunch Menu



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

\* 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 Cherry 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 Carrot, Corn and Green Peas	104	24	0	4	56	6
Sauteed Bok Choy	70	7	5	7	482	2
Steamed Broccoli, Carrot and Cauliflower	55	3	5	3	406	5

\* ALL DATA FOR REFERENCE ONLY