

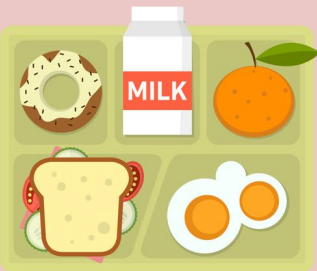


Hongqiao Campus Lunch Menu

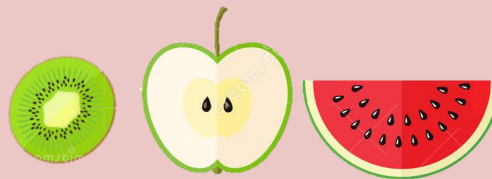


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FEBRUARY 26	FEBRUARY 27	FEBRUARY 28	FEBRUARY 29	MARCH 1
MAIN COURSE	Thai Grilled Chicken	BBQ Pork Loin	Buffalo Chicken	Beef Goulash	Portuguese Chicken Curry
ALLERGEN CONTENT	S	L	G D	G L	D
STAPLE FOOD	Thai Fried Noodle	Roasted Potato	Salsa Rice	Brown Rice with Lentils	Vegetable Fried Rice
ALLERGEN CONTENT	S L E			L	
VEGETABLES	Sauteed Cabbage & Carrot	Roasted Mixed Vegetables (Carrot, Bell Pepper, Zucchini)	Oriental Cooked Vegetables (Chinese Asparagus, Carrot, Mushroom)	Steamed Broccoli & Cauliflower	Sauteed Spinach
ALLERGEN CONTENT					D
SPECIALTIES	Vegetable Samosa	Chicken Noodle Soup	Onion Rings	Vegetable & Bean Quesadilla	Sushi Roll
ALLERGEN CONTENT	G L	L	G	G D L	E
SANDWICH BAR	Ham	Egg Salad	Tuna	Chicken	Paprika Lyoner
ALLERGEN CONTENT		E	E S		
VEGETARIAN DISH (on request)	Thai Grilled Eggplant	BBQ Mushroom & Vegetable	Buffalo Tofu	Chickpea & Vegetable Goulash	Portuguese Vegetable & Chickpea Curry
ALLERGEN CONTENT	L	L	D L	G L	D L
SALAD BAR	Salad Bar	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	Milk, Fruit Yogurt, Apple Juice, Orange Juice, Grape Juice	Milk, Plain Yogurt, Apple Juice, Orange Juice, Lemonade
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



February 26 - March 1 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Thai Grilled Chicken	175	5	9	27	433	2
BBQ Pork Loin	299	18	8	46	493	3
Buffalo Chicken	528	9	27	76	510	2
Beef Goulash	271	8	12	33	560	3
Portuguese Chicken Curry	181	6	11	24	394	1
Thai Fried Noodle	165	4	24	8	383	3
Roasted Potato	227	36	6	6	377	3
Salsa Rice	128	0	4	36	253	2
Brown Rice with Lentils	119	23	1	4	45	1
Vegetable Fried Rice	170	33	4	4	533	2
Sauteed Cabbage & Carrot	91	12	5	2	454	6
Roasted Mixed Vegetables (Carrot, Bell Pepper, Zucchini)	140	18	6	7	400	5
Oriental Cooked Vegetables (Chinese Asparagus, Carrot, Mushroom)	119	16	5	5	462	7
Steamed Broccoli & Cauliflower	25	12	0	5	63	4
Sauteed Spinach	67	6	3	2	247	0

* ALL DATA FOR REFERENCE ONLY