

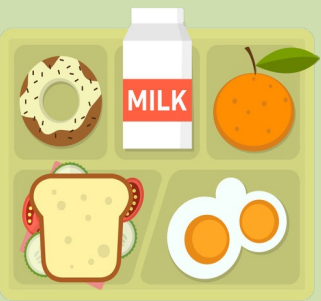


# Pudong Campus Lunch Menu

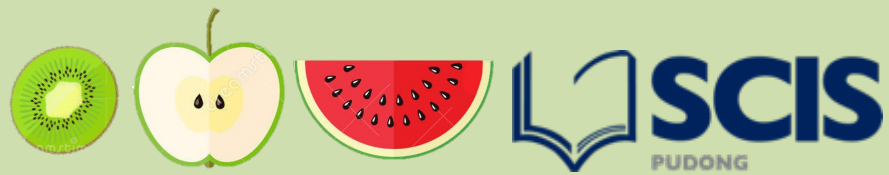


	MONDAY MARCH 18	TUESDAY MARCH 19	WEDNESDAY MARCH 20	THURSDAY MARCH 21	FRIDAY MARCH 22
MAIN COURSE	Tandoori Chicken	Beef Meatballs with Tomato Sauce	Salt and Pepper Fish	Roasted Pork Loin	Mediterranean Chicken
ALLERGEN CONTENT	D	G D E	S G E L	G	
STAPLE FOOD	Naan/Bombay Potato	Spaghetti with Tomato and Basil	Shanghai Fried Noodle	Potato Gratin	Fusilli with Alfredo Sauce
ALLERGEN CONTENT	G L	G	G L	G D	G D
VEGETABLES	Roasted Mixed Vegetables (Carrot, Bell Pepper, Zucchini, Asparagus)	Steamed Broccoli and Carrot	Sauteed Chinese Cabbage	Steamed Broccoli and Carrot	Sauteed Spinach
ALLERGEN CONTENT					D
SPECIALTIES	Vegetable Samosa	Garlic Bread	Pan-Fried Pork Dumplings	Onion Rings	Lyonnaise Potatoes
ALLERGEN CONTENT	G	G D	G	G	D
SANDWICH BAR	Ham	Egg Salad	Chicken	Lyoneer	Bacon
ALLERGEN CONTENT		E			
VEGETARIAN DISH (on request)	Tandoori Tofu	Chickpea Meatballs with Tomato Sauce	Sichuan Pepper Tofu	Roasted Zucchini	Italian Baked Mushroom and Vegetables
ALLERGEN CONTENT	L D	G D L E	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



## March 18-22 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Tandoori Chicken	270	36	11	10	420	3
Beef Meatballs with Tomato Sauce	494	26	40	30	528	2
Salt and Pepper Fish	276	8	8	60	907	2
Roasted Pork Loin	208	8	12	9	493	4
Mediterranean Chicken	262	5	10	47	930	4
Naan	137	18	5	3	142	1
Bombay Potato	298	1	12	2	201	1
Spaghetti with Tomato and Basil	213	8	8	5	194	1
Shanghai Fried Noodle	205	22	29	7	467	5
Potato Gratin	206	13	14	10	388	3
Fusilli with Alfredo Sauce	439	39	12	13	565	0
Roasted Mixed Vegetables (Carrot, Bell Pepper, Zucchini, Asparagus)	140	18	6	7	400	5
Steamed Broccoli and Carrot	21	6	0	4	54	5
Sauteed Chinese Cabbage	92	7	6	2	212	2
Steamed Broccoli and Carrot	21	6	0	4	54	5
Sauteed Spinach	67	6	3	2	247	0

\* ALL DATA FOR REFERENCE ONLY