



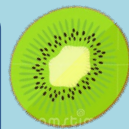
# Pudong Campus Lunch Menu

	MONDAY APRIL 22	TUESDAY APRIL 23	WEDNESDAY APRIL 24	THURSDAY APRIL 25	FRIDAY APRIL 26
<b>MAIN COURSE</b>	New Orleans Chicken	Stir-Fried Pork with Basil	Roasted Chicken with Mushroom Sauce	Beef Lasagna	Chicken Schnitzel
ALLERGEN CONTENT	D	SL	GD	GDE	GE
<b>STAPLE FOOD</b>	Mushroom Rice	Egg Fried Rice with Peas and Corn	Sweet Potato Puree	Roasted Potato	Macaroni with Tomato Sauce
ALLERGEN CONTENT	D	LE	D		G
<b>VEGETABLES</b>	Sauteed Spinach	Sauteed Bok Choy	Sauteed Mixed Vegetables (Bell Pepper, Zucchini, Mushroom)	Steamed Carrot and Cauliflower	Steamed Carrot, Corn and Green Peas
ALLERGEN CONTENT	D				L
<b>SPECIALTIES</b>	Cheese Spring Roll	Steamed Vegetable Dumplings	Corn Roll	Garlic Bread	French Fries
ALLERGEN CONTENT	GD	G	G	GD	
<b>SANDWICH BAR</b>	Ham	Egg Salad	Tuna Salad	Bacon	Potato Salad
ALLERGEN CONTENT		E	SE		E
<b>VEGETARIAN DISH (on request)</b>	New Orleans Baked Mushroom	Stir-Fried Tofu with Basil	Roasted Tofu with Mushroom Sauce	Eggplant Lasagna	Zucchini Schnitzel
ALLERGEN CONTENT	D	LS	GD	GDE	GE
<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>	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



## April 22-26 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
New Orleans Chicken	184	8	8	27	395	1
Stir-Fried Pork with Basil	672	10	30	40	1092	4
Roasted Chicken with Mushroom Sauce	256	10	9	32	381	1
Beef Lasagna	366	13	28	28	297	6
Chicken Schnitzel	279	12	14	22	315	1
Mushroom Rice	326	45	14	8	61	4
Egg Fried Rice with Peas and Corn	233	13	7	14	338	2
Sweet Potato Puree	238	36	9	4	37	3
Roasted Potato	227	36	6	6	377	3
Macaroni with Tomato Sauce	444	44	2	11	388	6
Sauteed Spinach	67	6	3	2	247	0
Sauteed Bok Choy	70	7	5	7	482	2
Sauteed Mixed Vegetables (Bell Pepper, Zucchini, Mushroom)	140	18	6	7	400	5
Steamed Carrot and Cauliflower	66	13	0	3	57	5
Steamed Carrot, Corn and Green Peas	104	24	0	4	56	6

\* ALL DATA FOR REFERENCE ONLY