

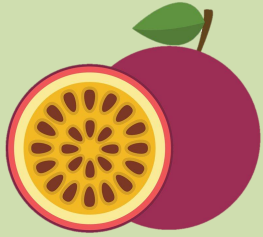


HQ Campus Lunch Menu



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------|---------|--|--|--|---------|
| | JUNE 10 | JUNE 11 | JUNE 12 | JUNE 13 | JUNE 14 |
| MAIN COURSE | | Stir-Fried Chicken with Basil | Salmon Teriyaki | Beef Bulgogi | |
| ALLERGEN CONTENT | | L S | S L | L | |
| STAPLE FOOD | | Brown Rice | Egg Fried Rice | Vegetable Fried Rice | |
| ALLERGEN CONTENT | | | E | L | |
| VEGETABLES | | Sauteed Bok Choy | Sautéed Chinese Cabbage | Sauteed Cabbage & Carrot | |
| ALLERGEN CONTENT | | | | | |
| SPECIALTIES | | Steamed Dumplings (pork, corn & vegetables) | Pork & Corn Siu Mai | Chicken Nugget | |
| ALLERGEN CONTENT | | G L | G L | G E | |
| SANDWICH BAR | | Ham | Egg Salad | Chicken | |
| ALLERGEN CONTENT | | | E | | |
| VEGETARIAN DISH (on request) | | Stir-Fried Mushroom with Basil | Tofu Teriyaki | Tofu Bulgogi | |
| ALLERGEN CONTENT | | L S | L | L | |
| SALAD BAR | | Salad Bar | Salad Bar | Salad Bar | |
| DRINKS | | 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 | |
| FRUITS | | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | |

* ALLERGY CONTENT: (D) DAIRY (E) EGG (G) GLUTEN (L) LEGUMES (N) NUTS (S) SEAFOOD



Nutrition Facts

June 11 - 13 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

| Menu | Calories | Carbs (g) | Fat (g) | Protein (g) | Sodium (mg) | Sugar (g) |
|-------------------------------|----------|-----------|---------|-------------|-------------|-----------|
| Stir-Fried Chicken with Basil | 671 | 9 | 23 | 40 | 1,092 | 4 |
| Salmon Teriyaki | 108 | 5 | 9 | 10 | 664 | 4 |
| Beef Bulgogi | 343 | 14 | 12 | 13 | 447 | 4 |
| Brown Rice | 124 | 21 | 1 | 3 | 39 | 1 |
| Egg Fried Rice | 233 | 13 | 7 | 14 | 338 | 2 |
| Vegetable Fried Rice | 170 | 33 | 4 | 4 | 533 | 2 |
| Sauteed Bok Choy | 70 | 7 | 5 | 7 | 482 | 2 |
| Sautéed Chinese Cabbage | 92 | 7 | 6 | 2 | 212 | 2 |
| Sauteed Cabbage & Carrot | 91 | 12 | 5 | 2 | 454 | 6 |

* ALL DATA FOR REFERENCE ONLY