

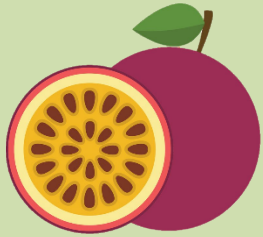


# ECE Campus Lunch Menu



	MONDAY JUNE 10	TUESDAY JUNE 11	WEDNESDAY JUNE 12	THURSDAY JUNE 13	FRIDAY JUNE 14
MAIN COURSE		Stir- Fried Chicken with Basil	Salmon Teriyaki	Pepperoni Pizza	
ALLERGEN INFORMATION		S L	S L	G D	
STAPLE FOOD		Brown Rice	Egg Fried Rice Steamed Dumpling (Pork , Corn, Vegetables)	Sushi Roll	
ALLERGEN INFORMATION			G E	E	
VEGETABLES		Sauteed Bok Choy	Sauteed Chinese Cabbage	Vegetable Stick	
ALLERGEN INFORMATION					
VEGETARIAN DISH (on request)		Stir- Fried Mushroom with Basil	Tofu Teriyaki	Spinach & Cheese Pizza	
ALLERGEN INFORMATION		S L	L	G D	
SIDE DISH			Egg		
DRINKS		Milk, Yogurt	Milk	Milk, Yogurt	
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	336	5	12	20	546	2
Salmon Teriyaki	54	3	5	5	332	2
Pepperoni Pizza	105	15	3	5	290	1
Brown Rice	62	11	1	2	20	1
Egg Fried Rice	117	7	4	7	169	1
Steamed Dumpling (Pork, Corn, Vegetables)	335	35	15	23	499	6
Sushi Roll	218	15	11	14	276	1
Sauteed Bok Choy	35	4	3	4	241	1
Sauteed Chinese Cabbage	46	4	3	1	106	1
Vegetable Stick	25	7	0	2	25	3

\* ALL DATA FOR REFERENCE ONLY