

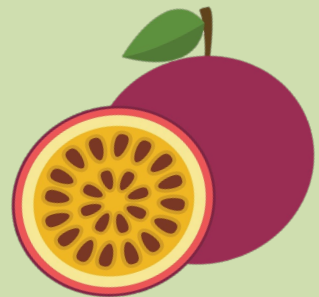


Pudong Campus Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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	Sauteed Chinese Cabbage	Sauteed Cabbage and Carrot	
ALLERGEN CONTENT					
SPECIALTIES		Steamed Dumplings (pork, corn and vegetables)	Pork and Corn Siu Mai	Chicken Nuggets	
ALLERGEN CONTENT		G	G	G	
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
Sauteed Chinese Cabbage	92	7	6	2	212	2
Sauteed Cabbage and Carrot	91	12	5	2	454	6

* ALL DATA FOR REFERENCE ONLY