



Hongqiao ECE Campus Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SEPTEMBER 9	SEPTEMBER 10	SEPTEMBER 11	SEPTEMBER 12	SEPTEMBER 13
MAIN COURSE	Soy Sauce Chicken	Beef Goulash	Pollock Fish Burger	Mediterranean Chicken	Sweet & Sour Pork
ALLERGEN CONTENT	L	L	G E D S		E L
STAPLE FOOD	Vegetable Fried Rice	Brown Rice	French Fries Chicken Nuggets	Spaghetti with Cherry Tomato and Olive Oil	Egg Fried Rice
ALLERGEN CONTENT	L	G	G	G	E
VEGETABLES	Sauteed Chinese Cabbage	Steamed Broccoli & Carrot	Steamed Corn, Carrot & Green Peas	Sauteed Cauliflower, Carrot & Peas	Steamed Broccoli & Cauliflower
ALLERGEN CONTENT			L	L	
VEGETARIAN DISH (on request)	Soy Sauce Mushroom	Vegetable & Chickpea Goulash	Vegetable Burger	Mediterranean Vegetables	Sweet & Sour Tofu
ALLERGEN CONTENT	L	L	G L		L
SIDE DISH	Egg		Egg		Egg
DRINKS	Milk	Milk, Yogurt	Milk	Milk, Yogurt	Milk
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



September 9-13 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Soy Sauce Chicken	82	4	4	12	343	1
Beef Goulash	136	4	6	17	280	2
Pollock Fish Burger	142	4	16	14	291	1
Mediterranean Chicken	131	2	5	24	465	2
Sweet & Sour Pork	160	4	6	13	165	2
Vegetable Fried Rice	85	16	2	2	267	1
Brown Rice	62	11	1	2	20	1
French Fries	171	20	9	2	194	0
Chicken Nuggets	310	11	11	51	327	0
Spaghetti with Cherry Tomato and Olive Oil	107	4	4	3	97	1
Egg Fried Rice	117	7	4	7	169	1
Sauteed Chinese Cabbage	46	4	3	1	106	1
Steamed Broccoli & Carrot	11	3	0	2	27	3
Steamed Corn, Carrot & Green Peas	52	12	0	2	28	3
Sauteed Cauliflower, Carrot & Peas	43	13	0	3	41	4
Steamed Broccoli & Cauliflower	13	6	0	3	32	2

* ALL DATA FOR REFERENCE ONLY