



Pudong Campus Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SEPTEMBER 9	SEPTEMBER 10	SEPTEMBER 11	SEPTEMBER 12	SEPTEMBER 13
MAIN COURSE	Black Pepper Chicken	Beef Fajita	Pollock Fish Burger	Mediterranean Chicken	Sweet and Sour Pork
ALLERGEN CONTENT	S L	L	G D S E		G E L
STAPLE FOOD	Vegetable Fried Rice	Plain Wrap/New Fried Potato with Herbs	French Fries	Spaghetti with Cherry Tomato and Olive Oil	Brown Rice
ALLERGEN CONTENT	L	G D		G	
VEGETABLES	Sauteed Chinese Cabbage	Steamed Broccoli and Carrot	Steamed Carrot, Corn and Green Peas	Sauteed Cauliflower, Carrot and Green Peas	Sauteed Bok Choy
ALLERGEN CONTENT			L	L	
SPECIALTIES	Sweet Taro Ball	Corn Chips with Tomato Salsa	Typhoon Corn Ribs	Pizza Supreme	Steamed Red Bean Bun
ALLERGEN CONTENT	G D			G D	G L
SANDWICH BAR	Ham	Guacamole	Chicken	Bacon	Tuna Salad
ALLERGEN CONTENT					S E
VEGETARIAN DISH (on request)	Black Pepper Mushroom	Chickpea and Vegetable Fajita	Vegetable Burger	Mediterranean Vegetables	Sweet and Sour Tofu
ALLERGEN CONTENT	S L	L	G L D E		L
SALAD BAR	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
DRINKS	Milk, Plain Yogurt, Apple Juice, Orange Juice	Milk, Fruit Yogurt, Apple Juice, Lemonade	Milk, Plain Yogurt, Apple juice, Grape Juice	Milk, Fruit Yogurt, Apple Juice, Lemonade	Milk, Plain Yogurt, Apple Juice, Orange Juice
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)
Black Pepper Chicken	283	13	13	38	415	6
Beef Fajita	365	12	8	43	489	3
Pollock Fish Burger	284	7	31	27	582	2
Mediterranean Chicken	262	5	10	47	930	4
Sweet and Sour Pork	319	8	11	26	329	3
Vegetable Fried Rice	170	33	4	4	533	2
Plain Wrap	305	24	8	4	330	1
New Fried Potato with Herbs	264	55	10	6	401	3
French Fries	341	40	18	4	388	0
Spaghetti with Cherry Tomato and Olive Oil	250	38	8	8	376	2
Brown Rice	124	21	1	3	39	1
Sauteed Chinese Cabbage	92	7	6	2	212	2
Steamed Broccoli and Carrot	21	6	0	4	54	5
Steamed Carrot, Corn and Green Peas	104	24	0	4	56	6
Sauteed Cauliflower, Carrot and Green Peas	127	19	5	5	388	8
Sauteed Bok Choy	70	7	5	7	482	2

* ALL DATA FOR REFERENCE ONLY