






































Counter 柜台	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
			PIZZA DAY		BURGER DAY
Week 9	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Set Menu	奶油培根意面 Creamy Bacon Pasta  	乡村烤肉 Country Style Roasted Pork 	牛肉芝士披萨 Beef Cheese Pizza 	炖牛肉 Beef Stew 	板烧鸡腿肉堡 Grilled Chicken Burger 
	西兰花 Broccoli 	香烤土豆 Roasted Potato 		土豆泥 Mashed Potato  	薯条 French Fries 
	土豆牛肉 Stirred Beef with Potato 	广式咕咾肉 Sweet & Sour Pork  	红烧鸡丁 Braised Diced Chicken in Brown Sauce 	美极汁蒸鱼 Steamed Fish with Maggi Sauce  	台式卤肉 Taiwan Braised Minced Pork 
	西兰花 Broccoli 	西兰花&花椰菜 Cauliflower & Broccoli 	广东菜心 Choy Sum 	菠菜胡萝卜 Spinach Carrots 	蔬菜色拉 Mixed Salad
	米饭 Steamed Rice	米饭 Steamed Rice	素炒面 Vegetarian Fried Noodles	米饭 Steamed Rice	米饭 Steamed Rice
	原味蛋糕 Plain Cake   	巧克力蛋糕 Chocolate Cake   	芝士蛋糕 Cheese Cake   	大理石蛋糕 Marble Cake   	南瓜蛋糕 Pumpkin Cake   
	香蕉 Banana	西瓜 Watermelon	哈密瓜 Honey Melon	橙子 Orange	西瓜 Watermelon
	Drink 饮品	<b>Milk/Yogurt/Juice/Soy Milk</b> <b>牛奶/酸奶/果汁/豆奶</b>			

## EC Daily Main Nutritional Data




















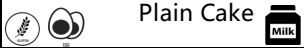
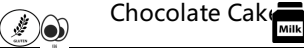
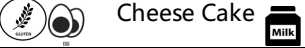
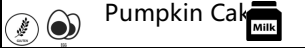
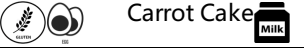
MON	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data	429.5	31.6	10.7	51.7	2.7	432

TUE	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data	429.2	26.9	15.6	45.3	2.2	573

WED	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data	454.1	23.9	20.1	44.4	2	334

THU	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data	446.8	32.5	16.8	41.4	3.9	669

FRI	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data	424.6	25.9	18.2	39.3	2.4	639

Counter 柜台	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
			PIZZA DAY		BURGER DAY
Week 10	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
<b>Set Menu</b>	肉酱意面 Bolognese Pasta 	香煎鱼柳 Pan-fried Snapper Fish Fillet 	玛格丽特披萨 Margherita Pizza 	香烤猪柳 Roasted Pork Tenderloin 	牛肉芝士汉堡 Beef Cheese Burger 
	西兰花 Broccoli 	小土豆 Baby Potatoes 		烤土豆 Roasted Potato 	薯条 Fries 
	红烧牛腩 Braised Beef Brisket 	四喜丸子 Braised Meatball in Brown Sauce 	西红柿炒鸡蛋 Scramble Egg with Tomato 	咖喱鸡 Chicken Curry 	本帮酱鸭 Shanghai Soya Duck 
	西兰花 Broccoli 	菠菜胡萝卜 Spinach Carrot 	杭白菜 Chinese Cabbage 	香菇菜心 Sautéed Mushroom & Choy Sum 	手撕包菜 Sautéed Cabbage 
	白米饭 Steamed Rice	扬州炒饭 Yangzhou Fried Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	白米饭 Steamed Rice
	原味蛋糕 Plain Cake 	巧克力蛋糕 Chocolate Cake 	芝士蛋糕 Cheese Cake 	南瓜蛋糕 Pumpkin Cake 	胡萝卜蛋糕 Carrot Cake 
	香蕉/健康蔬菜 Banana/Vegetable	西瓜/健康蔬菜 Watermelon/Vegetable	哈密瓜/健康蔬菜 Honey Melon/Vegetable	橙子/健康蔬菜 Orange/Vegetable	西瓜/健康蔬菜 Watermelon/Vegetable
<b>Drink 饮品</b>	<b>Milk/Yogurt/Juice/Soy Milk</b> <b>牛奶/酸奶/果汁/豆奶</b>				

## EC Daily Main Nutritional Data

<b>MON</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	Nutritional Data	429.7	16.9	19.3	47.1	2.4	424
<b>TUE</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	Nutritional Data	398.2	20.7	18.6	37	2.2	374
<b>WED</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	Nutritional Data	439.7	16.9	19.3	47.1	2.4	424
<b>THU</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	Nutritional Data	397.2	20.7	18.6	37	2.2	374
<b>FRI</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	Nutritional Data	412.1	11.6	23.3	41.5	2.5	376