

Counter 柜台	Item 项目	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 18	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
World Kitchen 世界厨房 (Set Menu套餐)	Western Protein 西餐荤菜	BBQ烤猪肉 Roasted Pork with BBQ Sauce 	香煎鱼柳 Pan-fried Snapper Fish Fillet 	农家牛肉派 Farmer's Beef Pie 	香料烤猪柳 Spiced Roasted Pork Tenderloin 	迷迭香烤鸡腿 Rosemary Roasted Chicken Drumstick 
	Vegetable 蔬菜	黄油西兰花 Butter Broccoli 	特色色拉 Salad 	特色色拉 Salad 	烤时蔬 Roasted Vegetables 	特色色拉 Salad 
	Starch 淀粉/主食	土豆泥 Mashed Potato 	小土豆 & 芦笋 Baby Potatoes & Asparagus 	西兰花 & 胡萝卜 Broccoli & Carrots 	欧芹黄油土豆 Parsley Butter Potato 	烤土豆 Roasted Potatoes 
	Soup 汤	蔬菜浓汤 Vegetable Soup 	奶油培根土豆汤 Cream Bacon Potato Soup 	罗宋汤 Borscht Soup 	玉米浓汤 Corn Soup 	胡萝卜浓汤 Cream Carrot Soup 
	Dessert /Snack 甜品	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 
	Special Dish 特色西餐	肉酱意面 Bolognese Pasta 	辣番茄鸡肉意面 Chili Tomato Chicken Pasta 	奶油罗勒香肠面 Creamy Sausage & Basil Pasta 	番茄手打牛肉丸意面 Hand-made Beef Balls Pasta 	奶油培根芝士意面 Creamy Bacon Cheese Pasta 
Asian Kitchen 亚洲厨房 (Set Menu套餐)	Asian Protein 亚洲荤菜	红烧牛腩土豆 Braised Beef Brisket with Potato in Brown Sauce 	咸蛋狮子头 Salted Egg Yolk Meat Ball 	蒜香排骨 Garlic Pork Ribs 	荷叶糯米鸡 Lotus Leaf Sticky Rice Chicken 	本帮酱鸭 Shanghai Soya Duck 
	Asian Protein 亚洲荤菜	花菜肉片 Stirred Cauliflower with Pork 	干锅土豆片 Dry Pot Potatoes with Pork 	红烧肉沫冬瓜 Braised Wax Gourd with Minced Pork 	麻婆豆腐 Mapo Tofu 	木须肉 Stirred Bean Sprouts, Jelly Ear, Egg & Shredded Pork 
	Vegetable 蔬菜	芹菜香干 Celery & Dry Beancurd 	蒜泥油麦菜 Garlic Lettuce 	杭白菜 Sautéed Chinese Cabbage 	香菇菜心 Sautéed Mushroom & Choy Sum 	蒜泥生菜 Garlic Lettuce 
	Starch 淀粉/主食	白米饭/杂粮饭 Steamed Rice/Multigrain Rice	白米饭/杂粮饭 Steamed Rice/Multigrain Rice	白米饭/杂粮饭 Steamed Rice/Multigrain Rice	白米饭/杂粮饭 Steamed Rice/Multigrain Rice	白米饭/杂粮饭 Steamed Rice/Multigrain Rice
	Soup 汤	榨菜蛋汤 Egg & Pickle Mustard Soup 	海带豆腐味噌汤 Seaweed & Tofu Miso Soup 	罗宋汤 Borscht Soup 	酸辣汤 Sour and Sour Soup 	丝瓜蛋汤 Loofah Egg Soup 
	Dessert /Snack 甜品	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 
Twisted Beet 健康餐食	Super Food 超级健康餐	板烧鸡腿健康碗 Grilled Chicken Healthy Bowl 	台式卤肉健康碗 Taiwan Braised Minced Pork Healthy Bowl 	日式牛肉健康碗 Japanese Beef Healthy Bowl 	港式鱼丸健康碗 Hong Kong Fish Balls Healthy Bowl 	香煎鲷鱼健康碗 Pan-fried Snapper Fish Healthy Bowl 
	Basic Vegetarian 基础素食套餐	鹰嘴豆/百叶结/西兰花/鸡蛋/烤红薯/中东小米/素食墨西哥卷 Chickpeas/Bean Curd Sheet/Broccoli/Egg/Roasted Sweet Potato/Cous Cous/Mexican Vegetarian Wrap 	扁豆/老豆腐/西兰花/鸡蛋/藜麦/素食橄榄油意面 Baked Bean/Tofu/Broccoli/Egg/ Roasted Purple Potato/Quinoa/Vegetarian Pasta 	红鹰嘴豆/兰花干/西兰花/鸡蛋/玉米/黑米/素食炒面 Chickpeas/Marinated Bean Curd /Broccoli/Egg/Com/Black Rice/Vegetarian Noodles 	三角豆/油豆腐/西兰花/鸡蛋/烤节瓜/糙米/素食披萨 Chick Peas/Fried Tofu/Broccoli/Egg/Roasted Zucchini/Brown Rice/Vegetarian Pizza 	白芸豆/素食鸡/西兰花/鸡蛋/南瓜/紫米饭/素食炒饭 White Kidney Bean/Vegetarian Tofu/Broccoli/Egg/Roasted Pumpkin/Purple Rice/Vegetarian Fried Rice 
Chef Special 主厨推荐 (Premium/Carving)		广式烧肉&玫瑰豉油鸡 芥兰 & 煎蛋 米饭 甜品 Cantonese Roast Pork & Soya Poached Chicken Chinese Greens & Fried Egg Rice Dessert 	美式炭烤猪肋排 薯角 烤玉米 色拉 甜品 American BBQ Pork Ribs Wedges Roasted Corn Salad Dessert 	玛格丽特披萨 薯角 蔬菜色拉 甜品 Margherita Pizza Wedges Mixed Salad Dessert 	韩式肥牛辣泡菜拌饭 时蔬 甜品 Korean Beef Bibimbap Mixed Vegetables Dessert 	牛肉芝士汉堡 蔬菜色拉 薯条 甜品 Beef Cheese Burger Mixed Salad Fries Dessert 
		Noodles Bar 面档	白菜猪肉水饺/煎蛋 Pork Cabbage Dumpling/Fried Egg 	港式云吞面/煮蛋 Hong Kong Wonton Noodles /Boiled Egg 	葱油拌面/糖醋小排/素鸡 Noodles with Fried Scallion Oil/ Sweet Sour Rib/Plant-based Chicken 	豌豆面/青菜/煮蛋 Noodles with Peas and Meat Chili Sauce/Green Vegetables/Boiled Egg 

## MS/HS Daily Main Nutritional Data

MON	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	798.9	34.1	50.5	52	7.3	619
	Special Dish 特色餐	519.6	28.7	27.6	39.1	1.9	204
	Asian Kitchen 亚洲厨房	801.8	37.4	32.6	89.7	3.9	620
	Basic Vegetarian 素食餐	604.8	30.2	10.8	96.7	3.4	178
	Super Food 超级套餐	221.9	28	11.5	1.6	0.5	535
	Chef Special 主厨推荐	723.5	45.9	28.3	71.3	1.5	220
	Live noodles 面档	615.2	35.7	26.4	58.7	1.2	183
TUE	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb (g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	734.3	38.3	39.9	55.5	3.5	581
	Special Dish 特色餐	525.6	39.7	22	42.2	1.3	242
	Asian Kitchen 亚洲厨房	953.4	36.6	47	96	2.7	540
	Basic Vegetarian 素食餐	599.9	29	13.9	89.7	4.8	188
	Super Food 超级套餐	241.5	23.7	14.7	3.6	0.5	201
	Chef Special 主厨推荐	774.4	37	47.2	50.4	5.9	157
	Live noodles 面档	503.6	32.7	14.4	60.8	1.4	214
WED	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	788.9	34.1	50.5	52	7.3	619
	Special Dish 特色餐	516.6	28.7	27.6	39.1	1.9	204
	Asian Kitchen 亚洲厨房	811.8	37.4	32.6	89.7	3.9	620
	Basic Vegetarian 素食餐	604.8	30.2	10.8	96.7	3.4	178
	Super Food 超级套餐	221.9	28	11.5	1.6	0.5	535
	Chef Special 主厨推荐	723.5	45.9	28.3	71.3	1.5	220
	Live noodles 面档	615.2	35.7	26.4	58.7	1.2	183
THU	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	634.3	38.3	39.9	55.5	3.5	581
	Special Dish 特色餐	535.6	39.7	22	42.2	1.3	242
	Asian Kitchen 亚洲厨房	953.4	36.6	47	96	2.7	540
	Basic Vegetarian 素食餐	599.9	29	13.9	89.7	4.8	188
	Super Food 超级套餐	241.5	23.7	14.7	3.6	0.5	201
	Chef Special 主厨推荐	774.4	37	47.2	50.4	5.9	157
	Live noodles 面档	503.6	32.7	14.4	60.8	1.4	214
FRI	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	861.7	41.9	30.1	110.8	5.7	770
	Special Dish 特色餐	696.8	19.1	50.4	41.7	1.6	703
	Asian Kitchen 亚洲厨房	930.4	42.7	44	90.9	2.1	528
	Basic Vegetarian 素食餐	548.8	26.5	12.4	82.8	3.7	235
	Super Food 超级套餐	157.7	21.6	6.1	4.1	0.1	164
	Chef Special 主厨推荐	756.1	36.3	23.7	99.4	2.1	386
	Live noodles 面档	554.8	39.8	11.6	72.8	0.9	132

Counter 柜台	Item 项目	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
			Christmas Food Fest	PIZZA DAY	Western China Food Fest	BURGER DAY
		16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
World Kitchen 世界厨房 (Set Menu套餐)	Western Protein 西餐荤菜	意式黑醋炖牛肉 Italian Stewed Beef with Balsamic Vinegar	肉桂苹果烤猪柳 Roasted Pork Tenderloin with Cinnamon Apple	番茄橄榄鸡肉 Slow Cooked Chicken with Tomato & Olives	德式烤肉 German Grilled Pork	
	Starch 淀粉/主食	烤土豆蔬菜 Mashed Potato & Vegetables	土豆泥 Mashed Potato	土豆泥 Mashed Potato	乡村烤土豆 Country Roasted Potato	
	Vegetable 蔬菜	沙拉 Salad	沙拉 Salad	西兰花 Broccoli	酸椰菜 Sauerkraut	
	Soup 汤	番茄蔬菜汤 Tomato & Vegetable Soup	南瓜汤 Pumpkin Soup	罗宋汤 Borscht Soup	玉米浓汤 Corn Soup	
	Dessert /Snack 甜品	原味蛋糕 Plain Cake	圣诞蛋糕 Christmas Cake	芝士蛋糕 Cheese Cake	蜂蜜蛋糕 Honey Cake	
	Special Dish 特色西餐	三文鱼烩饭 Salmon Risotto	火鸡番茄土豆丸 Turkey Gnocchi in Tomato Sauce	奶油节瓜培根笔尖面 Creamy Zucchini Bacon Penne	番茄蘑菇鸡肉意面 Tomato Mushroom Chicken Pasta	
Asian Kitchen 亚洲厨房 (Set Menu套餐)	Asian Protein 亚洲荤菜	黑椒牛柳 Black Pepper Beef	蜜汁叉烧 Barbecued Pork with Honey Sauce	干烧基围虾 Sautéed Flavored Shrimps	大盘鸡 Chili Chicken with Potato, Green Pepper & Noodles	
	Asian Protein 亚洲荤菜	外婆菜炒蛋 Scrambled Egg with Vegetable	青椒素肠炒肉片 Vegan Sausage with Pork & Green Pepper	肉沫茄子 Eggplant with Minced Pork in Chili Bean Sauce	香干肉丝芹菜 Dried Beancurd with Shredded Pork & Celery	
	Vegetable 蔬菜	蒜泥菠菜 Garlic Spinach	清炒生菜 Stir-fried Lettuce	蒜泥小青菜 Sautéed Garlic Baby Greens	清炒杭白菜 Sautéed Chinese Cabbage	
	Starch 淀粉/主食	白米饭/杂粮饭 Steamed Rice/Multigrain Rice	白米饭/杂粮饭 Steamed Rice/Multigrain Rice	白米饭/杂粮饭 Steamed Rice/Multigrain Rice	白米饭/杂粮饭 Steamed Rice/Multigrain Rice	
	Soup 汤	榨菜肉丝汤 Pickles with Shredded Pork Soup	西湖芙蓉羹 Egg & Mushroom Soup	咸肉冬瓜汤 Salt Meat & Wax Gourd Soup	酸辣汤 Sour & Spicy Soup	
	Dessert /Snack 甜品	原味蛋糕 Plain Cake	圣诞蛋糕 Christmas Cake	芝士蛋糕 Cheese Cake	蜂蜜蛋糕 Honey Cake	
Twisted Beet 健康餐食	Super Food 超级健康餐	香煎黑胡椒鸡胸肉健康碗 Pan-fried Chicken Breast Healthy Bowl	炭烤猪肉牛油果健康碗 Charcoal Roast Pork Avocado Healthy Bowl	泰式罗勒香辣猪肉煎蛋健康碗 Thai Minced Pork Basil with Fried Egg Stir-fry (Pad Kra Pao) Healthy Bowl	柠檬鲷鱼健康碗 Lemon Snapper Healthy Bowl	
	Basic Vegetarian 基础素食套餐	焗豆/老豆腐/西兰花/鸡蛋/紫薯/藜麦/黑米饭 Baked Bean/Firm Tofu/Broccoli/Egg/Purple Potato/Quinoa/Black Rice	三角豆/油豆腐/西兰花/鸡蛋/孢子甘蓝/糙米/素食披萨 Garbanzo Beans/Fried Tofu/Broccoli/Egg/Brussels Sprout/Brown Rice/Vegetarian Pizza	鹰嘴豆/兰花干/西兰花/煎蛋/玉米/中东小米/素食炒饭 Chickpeas/Dry Bean Curd Stick/Broccoli/Fried Egg/Corn/Cous Cous/Vegetarian Fried Rice	土豆/百叶结/西兰花/鸡蛋/南瓜/小米/素食墨西哥卷 Potato/Bean Curd Sheet/Broccoli/Egg/Pumpkin/Purple Rice/Mexican Vegetarian Wrap	
Chef Special 主厨推荐 (Premium/Carving)		烤肉香肠拼盘 土豆泥 凉拌卷心菜/西兰花 甜品 Roasted Meat & Sausage Platter Mashed Potato Coleslaw/Broccoli Dessert	双拼拼盘 土豆泥 烤蔬菜 色拉 甜品 Carving Honey Ham & Turkey Mashed Potato Roasted Vegetables Salad Dessert	牛肉芝士披萨 薯格 蔬菜色拉 甜品 Beef Cheese Pizza Criscut Fries Mixed Salad Dessert	牛肉千层面 烤蔬菜 混合沙拉 甜品 Beef Lasagna Roasted Vegetables Mixed Salad Dessert	
		Noodles Bar 面档	芹菜猪肉水饺/煎蛋 Pork Celery Dumpling/Fried Egg	大排葱油拌面/煎蛋 Sautéed Pork Cutlet with Scallion Oil Noodles/Boiled Egg	豚骨拉面/煮蛋 Tonkotsu Ramen/Boiled Egg	本帮狮子头面/煮蛋 Shanghai Braised Meatballs Noodles/Boiled Egg

## MS/HS Daily Main Nutritional Data

MON	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	810	50	16	121	9	321
	Special Dish 特色餐	849	49	24	44	6	333
	Asian Kitchen 亚洲厨房	932	53.6	11	83	4.6	421
	Basic Vegetarian 素食餐	797	30	34	100	1.8	413
	Super Food 超级套餐	153	58	23	141	9	410
	Chef Special 主厨推荐	986	74	141	151	6	559
	Live noodles 面档	734	70	145	98	8	470
TUE	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	708	33.4	48.4	34.7	3.7	850
	Special Dish 特色餐	642.1	35.8	33.3	49.8	1.1	226
	Asian Kitchen 亚洲厨房	803.1	43.3	25.1	101	1.7	512
	Basic Vegetarian 素食餐	560.7	29.5	9.9	88.4	3.1	181
	Super Food 超级套餐	135.4	22.6	4.6	0.9	0	240
	Chef Special 主厨推荐	750.3	33.4	46.7	49.1	3.8	587
	Live noodles 面档	536.4	24.4	18	69.2	1.4	370.2
WED	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	994	108	98	56	8	587
	Special Dish 特色餐	704	110	55	29	10.3	119
	Asian Kitchen 亚洲厨房	810	23	103	91	18	419
	Basic Vegetarian 素食餐	947	67	46	119	46	501
	Super Food 超级套餐	267	18	28	92	23	478
	Chef Special 主厨推荐	710	98	110	116	8	498
	Live noodles 面档	815	175	47	68	16	518
THU	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	879	52.7	23	70.8	4.9	467
	Special Dish 特色餐	980	54.1	56	56	4.8	345
	Asian Kitchen 亚洲厨房	748	48.5	41	34	5.6	314
	Basic Vegetarian 素食餐	899	28	34	98	7	424
	Super Food 超级套餐	198	58.6	56	167	12	464
	Chef Special 主厨推荐	908	61.9	76	154	24.8	489
	Live noodles 面档	709	69	50	87	4.7	454
FRI	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房						
	Special Dish 特色餐						
	Asian Kitchen 亚洲厨房						
	Basic Vegetarian 素食餐						
	Super Food 超级套餐						
	Chef Special 主厨推荐						
	Live noodles 面档						