








































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		
Week 18	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
ES Western Set Meal 西式套餐	肉酱意面 Bolognese Pasta  	香煎鱼柳/小土豆 Pan-fried Snapper Fish Fillet/Baby Potatoes  	玛格丽特披萨 Margherita Pizza   	香烤猪柳/烤土豆 Roasted Pork Tenderloin/ Roasted Potato 	牛肉芝士汉堡/薯条 Beef Cheese Burger/Fries    
	蔬菜色拉 Mixed Salad 	小土豆&圣女果 Baby Potatoes & Cherry Tomato 	蔬菜色拉 Mixed Salad 	烤时蔬 Roasted Vegetables 	蔬菜色拉 Mixed Salad 
	香蕉 Banana	西瓜 Watermelon	哈密瓜 Honey Melon	橙子 Orange	西瓜/胡萝卜蛋糕 Watermelon/Carrot Cake   
	Milk/Yogurt/Juice/Soy Milk 牛奶/酸奶/果汁/豆奶				
Soup for 2 Sets 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  
ES Asian Set Meal 亚式套餐	红烧牛腩土豆 Braised Beef Brisket with Potato in Brown Sauce  	四喜丸子 Braised Meatball in Brown Sauce  	西红柿炒鸡蛋 Scramble Egg with Tomato 	荷叶糯米鸡 Lotus Leaf Sticky Rice Chicken 	本帮酱鸭 Shanghai Soya Duck 
	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
	西兰花 Broccoli	菠菜胡萝卜 Spinach Carrot	杭白菜 Chinese Cabbage	香菇菜心 Sautéed Mushroom & Choy Sum	清炒生菜 Sautéed Lettuce 
	香蕉 Banana	西瓜 Watermelon	哈密瓜 Honey Melon	橙子 Orange	西瓜/胡萝卜蛋糕 Watermelon/Carrot Cake   
Milk/Yogurt/Juice/Soy Milk 牛奶/酸奶/果汁/豆奶					
Dish can be mixed freely from Western and Asian set meal					

ES Daily Main Nutritional Data

MON	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	ES Western Set Nutritional Data 西餐	533.8	25.4	25	51.8	2.4	624
	ES Asian Set Nutritional Data 中餐	463.7	30.3	16.5	48.5	2.1	234
TUE	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	ES Western Set Nutritional Data 西餐	493.1	24.9	19.1	55.4	2.8	374
	ES Asian Set Nutritional Data 中餐	456.3	26.2	16.7	50.3	2.3	302
WED	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	ES Western Set Nutritional Data 西餐	523.8	25.4	25	51.8	2.4	624
	ES Asian Set Nutritional Data 中餐	463.7	30.3	16.5	48.5	2.1	234
THU	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	ES Western Set Nutritional Data 西餐	491.1	24.9	19.1	55.4	2.8	374
	ES Asian Set Nutritional Data 中餐	456.3	26.2	16.7	50.3	2.3	302
FRI	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	ES Western Set Nutritional Data 西餐	553.9	16.3	36.7	42.1	2.7	376
	ES Asian Set Nutritional Data 中餐	484	29.6	19.2	48.2	1.9	313

Counter 柜台	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		BURGER DAY
Week 19	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
ES Western Set Meal 西式套餐	肉酱意面 Bolognese Pasta 	烤火腿&火鸡 Roasted Ham & Turkey 	牛肉芝士披萨 Beef Cheese Pizza 	德式烤肉/乡村烤土豆 German Grilled Pork/Country Roasted Potato 	
	西兰花 Broccoli 	菠菜 Spinach 	圆白菜 Cabbage 	菠菜胡萝卜 Spinach Carrot 	
	香蕉 Banana	西瓜 Watermelon	哈密瓜 Honey Melon	橙子 Orange	
Soup for 2 Sets 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 	
ES Asian Set Meal 亚式套餐	蚝油牛肉 Oyster Sauce Beef 	蜜汁叉烧 Barbecued Pork with Honey Sauce 	西芹虾仁 Celery Prawns 	红烧土豆鸡丁 Braised Diced Chicken & Potato 	
	白米饭 Steamed Rice	白米饭 Steamed Rice	扬州炒饭 Yangzhou Fried Rice	白米饭 Steamed Rice	
	西兰花/健康蔬菜 Broccoli/Vegetable 	菠菜/健康蔬菜 Spinach/Vegetable 	圆白菜/健康蔬菜 Cabbage/Vegetable 	菠菜胡萝卜/健康蔬菜 Spinach Carrot/Vegetable 	
	香蕉 Banana	西瓜 Watermelon	哈密瓜 Honey Melon	橙子 Orange	
Milk/Yogurt/Juice/Soy Milk for All Students 牛奶/酸奶/果汁/豆奶					
Dish can be mixed freely from Western and Chinese set meal as student's willingness					

ES Daily Main Nutritional Data

MON	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	ES Western Set Nutritional Data 西餐	647	30.9	15.4	150	10.9	522.8
	ES Asian Set Nutritional Data 中餐	363	22.3	4.5	62.6	6.7	426.3
TUE	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	ES Western Set Nutritional Data 西餐	486.9	30.8	21.7	42.1	3.4	440
	ES Asian Set Nutritional Data 中餐	466.3	26.2	16.3	53.7	1.5	407
WED	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	ES Western Set Nutritional Data 西餐	414	17.9	11.2	61.2	5.5	343.6
	ES Asian Set Nutritional Data 中餐	346	16.9	7.6	54.9	5.8	484.5
THU	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	ES Western Set Nutritional Data 西餐	482	19.1	23	54.1	6.6	535
	ES Asian Set Nutritional Data 中餐	381	23.7	6.9	52.5	5.7	551.5
FRI	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	ES Western Set Nutritional Data 西餐						
	ES Asian Set Nutritional Data 中餐						