

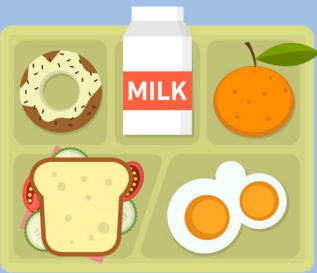


Hongqiao Campus Lunch Menu

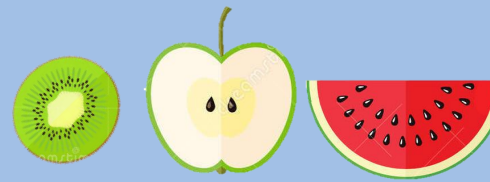


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JANUARY 6	JANUARY 7	JANUARY 8	JANUARY 9	JANUARY 10
MAIN COURSE	Japanese Pork Stew	Korean Fried Chicken	Beef Bolognese	Chicken Taco	Salmon Provencal
ALLERGEN CONTENT	L	G L	G		S G
STAPLE FOOD	Steamed Rice	Japchae	Spaghetti with Garlic and Basil	Mexican Rice/Plain Wrap	Penne with Olive Oil
ALLERGEN CONTENT		L	G	G	G
VEGETABLES	Sauteed Chinese Cabbage	Steamed Corn, Carrot and Green Peas	Sauteed Broccoli and Carrot	Sauteed Bell Pepper with Onion	Roasted Mixed Vegetables (Bell Pepper, Zucchini, Carrot)
ALLERGEN CONTENT		L			
SPECIALTIES	Oden	Korean Rice Cake	Garlic Bread	Corn Chips with Tomato Salsa	Corn Nuggets
ALLERGEN CONTENT	S L		G D		G
SANDWICH BAR	Ham	Egg Salad	Tuna Salad	Guacamole	Chicken
ALLERGEN CONTENT		E	S E		
VEGETARIAN DISH (on request)	Japanese Tofu with Vegetables	Korean Fried Mushroom	Chickpea Bolognese	Black Bean and Vegetable Taco	Eggplant Provencal
ALLERGEN CONTENT	L	L	L D	L	G
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, Orange 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



JANUARY 6- 10 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Japanese Pork Stew	362	12	10	10	429	5
Korean Fried Chicken	666	27	11	72	1,050	6
Beef Bolognese	406	46	14	26	251	2
Chicken Taco	112	2	1	11	214	0
Salmon Provencal	108	8	9	10	539	4
Steamed Rice	124	21	1	3	39	1
Japchae	205	22	29	7	467	5
Spaghetti with Garlic and Basil	219	8	8	5	194	2
Mexican Rice	291	42	11	5	344	2
Plain Wrap	305	24	8	4	330	1
Penne with Olive Oil	250	38	8	8	351	2
Sauteed Chinese Cabbage	92	7	6	2	212	2
Steamed Corn, Carrot and Green Peas	104	24	0	4	56	6
Sauteed Broccoli and Carrot	107	30	5	10	465	4
Sauteed Bell Pepper with Onion	120	30	5	11	425	6
Roasted Mixed Vegetables (Bell Pepper, Zucchini, Carrot)	140	18	6	7	400	5

* ALL DATA FOR REFERENCE ONLY