



Hongqiao ECE Campus Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JANUARY 6	JANUARY 7	JANUARY 8	JANUARY 9	JANUARY 10
MAIN COURSE	Japanese Pork Stew	Korean Fried Chicken	Ham & Cheese Croissant	Beef Bolognese	Tuscan Salmon
ALLERGEN CONTENT	L	G L	G D E	G	D
STAPLE FOOD	Steamed Rice	Japchae	Roasted Pumpkin	Spaghetti with Garlic & Basil/Garlic Bread	Penne with Olive Oil
ALLERGEN CONTENT		L		G D	G
VEGETABLES	Sauteed Chinese Cabbage	Sauteed Broccoli	Steamed Corn, Carrot & Green Peas	Sauteed Broccoli & Carrot	Roasted Mediterranean Broccoli, Carrot and Sweet Corn
ALLERGEN CONTENT			L		
VEGETARIAN DISH (on request)	Japanese Tofu with Vegetable	Korean Fried Mushroom	Tomato & Cheese Croissant	Chickpea Bolognese	Tuscan Vegetables
ALLERGEN CONTENT	L	G L	G D	L D	D
SIDE DISH	Egg		Egg		Egg
DRINKS	Milk	Milk, Yogurt	Milk	Milk, Yogurt	Milk
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	181	6	5	5	215	3
Korean Fried Chicken	333	14	6	36	525	3
Ham & Cheese Croissant	213	12	11	8	424	5
Beef Bolognese	203	23	7	13	126	1
Tuscan Salmon	146	6	12	15	139	0
Steamed Rice	62	11	1	2	20	1
Japchae	103	11	15	4	234	3
Roasted Pumpkin	113	18	4	2	123	8
Spaghetti with Garlic & Basil	125	19	4	4	188	1
Garlic Bread	165	4	1	1	99	1
Penne with Olive Oil	125	19	4	4	176	1
Sauteed Chinese Cabbage	46	4	3	1	106	1
Sauteed Broccoli	16	3	1	1	203	1
Steamed Corn, Carrot & Green Peas	52	12	0	2	28	3
Steamed Broccoli & Carrot	57	9	2	2	203	3
Roasted Mediterranean Broccoli, Carrot and Sweet Corn	63	4	2	3	194	3

* ALL DATA FOR REFERENCE ONLY