

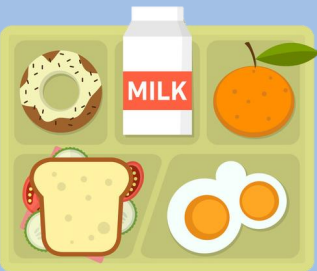


# Hongqiao Campus Lunch Menu

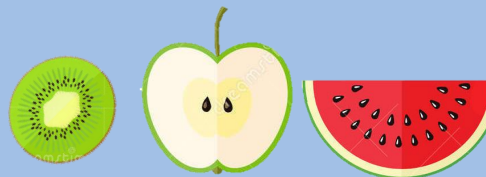


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JANUARY 13	JANUARY 14	JANUARY 15	JANUARY 16	JANUARY 17
<b>MAIN COURSE</b>	Cajun Chicken	Shanghainese Lion Head	Filet-O-Fish	Chicken Tikka Masala	Beef Lasagna
<b>ALLERGEN CONTENT</b>		LE	GEDS	D	GED
<b>STAPLE FOOD</b>	Baked Macaroni and Cheese	Vegetable Fried Rice	Baked Potato Wedges	Plain Naan	Roasted Potato
<b>ALLERGEN CONTENT</b>	GD	L		G	
<b>VEGETABLES</b>	Steamed Broccoli, Carrot and Cauliflower	Sauteed Cabbage with Carrot	Steamed Cauliflower and Carrot	Oriental Cooked Vegetables (Chinese Asparagus, Carrot, Mushroom)	Sauteed Broccoli
<b>ALLERGEN CONTENT</b>					
<b>SPECIALTIES</b>	Onion Rings	Scrambled Egg with Tomato	Mushroom Soup	Vegetable Samosa	Garlic Bread
<b>ALLERGEN CONTENT</b>	G	E	GD	GL	GD
<b>SANDWICH BAR</b>	Ham	Egg Salad	Bacon	Tuna Salad	Lyoner
<b>ALLERGEN CONTENT</b>		E		ES	
<b>VEGETARIAN DISH (on request)</b>	Cajun Mushroom and Eggplant	Fried Tofu Ball with Soy Sauce	Vegetable Burger	Chickpea and Vegetable Tikka Masala	Eggplant Lasagna
<b>ALLERGEN CONTENT</b>		LEG	GELD	LD	GED
<b>SALAD BAR</b>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>DRINKS</b>	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
<b>FRUITS</b>	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 13- 17 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Cajun Chicken	171	8	6	25	312	0
Shanghainese Lion Head	626	26	36	63	1025	7
Filet-O-Fish	284	7	31	27	582	2
Chicken Tikka Masala	164	3	10	29	399	2
Beef Lasagna	366	13	28	28	297	6
Baked Macaroni and Cheese	564	54	18	20	411	8
Vegetable Fried Rice	170	33	4	4	533	2
Baked Potato Wedges	352	52	14	6	406	3
Plain Naan	137	18	5	3	142	1
Roasted Potato	227	36	6	6	377	3
Steamed Broccoli, Carrot and Cauliflower	31	13	0	3	70	5
Sauteed Cabbage with Carrot	91	12	5	2	454	6
Steamed Cauliflower and Carrot	66	13	0	3	57	5
Oriental Cooked Vegetables (Chinese Asparagus, Carrot, Mushroom)	119	16	5	5	462	7
Sauteed Broccoli	31	6	2	3	406	2

\* ALL DATA FOR REFERENCE ONLY