



Hongqiao ECE Campus Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JANUARY 13	JANUARY 14	JANUARY 15	JANUARY 16	JANUARY 17
MAIN COURSE	Cajun Chicken	Shanghainese Lion Head	Fish Burger	Chicken Tikka Masala	Beef Lasagna
ALLERGEN CONTENT		S L E	G D E	D	G D E
STAPLE FOOD	Baked Macaroni with Cheese	Vegetable Fried Rice Scramble Egg with Tomato	Baked Potato Wedges	Plain Naan	Roasted Potato
ALLERGEN CONTENT	G D	E L		G	
VEGETABLES	Steamed Broccoli ,Carrot & Cauliflower	Sauteed Cabbage & Carrot	Steamed Cauliflower & Carrot	Oriental Cooked Vegetables (Chinese Asparagus, Carrot, Mushroom)	Sauteed Broccoli
ALLERGEN CONTENT					
VEGETARIAN DISH (on request)	Cajun Mushroom & Eggplant	Fried Tofu Ball with Soy Sauce	Cauliflower & Chickpea Burger	Chickpea & Vegetable Tikka Masala	Eggplant Lasagna
ALLERGEN CONTENT		G E L	G D L	D L	G E 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 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	86	4	3	13	156	0
Shanghainese Lion Head	313	13	18	32	513	4
Fish Burger	142	4	16	14	291	1
Chicken Tikka Masala	82	2	5	15	200	1
Beef Lasagna	183	7	14	14	149	3
Baked Macaroni with Cheese	201	15	8	9	225	2
Vegetable Fried Rice	120	4	5	5	180	1
Scramble Egg with Tomato	95	4	8	3	143	4
Baked Potato Wedges	150	18	3	3	189	2
Naan	69	9	3	2	71	0
Roasted Potato	114	18	3	3	189	2
Steamed Broccoli ,Carrot & Cauliflower	16	7	0	2	35	3
Sauteed Cabbage & Carrot	46	6	3	1	227	3
Steamed Cauliflower & Carrot	33	7	0	2	29	3
Oriental Cooked Vegetables (Chinese Asparagus, Carrot, Mushroom)	60	8	3	3	231	4
Sauteed Broccoli	16	3	1	1	203	1

* ALL DATA FOR REFERENCE ONLY