



Pudong Campus Lunch Menu



	MONDAY JANUARY 13	TUESDAY JANUARY 14	WEDNESDAY JANUARY 15	THURSDAY JANUARY 16	FRIDAY JANUARY 17
MAIN COURSE	Cajun Chicken	Shanghainese Lion Head	Filet-O-Fish	Chicken Tikka Masala	Beef Lasagna
ALLERGEN CONTENT		S L E	G D E S	D	G E D
STAPLE FOOD	Baked Macaroni and Cheese	Vegetable Fried Rice	Baked Potato Wedges	Plain Naan	Roasted Potato
ALLERGEN CONTENT	G D	L		G	
VEGETABLES	Steamed Broccoli, Carrot and Cauliflower	Sauteed Cabbage with Carrot	Steamed Cauliflower and Carrot	Oriental Cooked Vegetables (Chinese Asparagus, Carrot, Mushroom)	Sauteed Broccoli
ALLERGEN CONTENT					
SPECIALTIES	Onion Rings	Scrambled Egg with Tomato	Mushroom Soup	Vegetable Samosa	Garlic Bread
ALLERGEN CONTENT	G	E	G D	G L	G D
SANDWICH BAR	Ham	Egg Salad	Bacon	Tuna Salad	Lyoner
ALLERGEN CONTENT		E		S E	
VEGETARIAN DISH (on request)	Cajun Mushroom and Eggplant	Fried Tofu Ball with Soy Sauce	Vegetable Burger	Chickpea and Vegetable Tikka Masala	Eggplant Lasagna
ALLERGEN CONTENT		G E L	G D E L	D L	G E D
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 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	1,025	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