

Counter 柜台	Item 项目	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
				PIZZA DAY		BURGER DAY
Week 38		28-Apr	29-Apr	30-Apr	1-May	2-May
World Kitchen 世界厨房 (Set Menu套餐)	Western Protein 西餐荤菜	红咖喱炖牛肉 Beef Red Curry 	普罗旺斯番茄炖猪肉 Provencal Simmered Pork with Tomato Sauce 	香煎番茄罗勒鱼柳配柠檬薄荷蛋黄酱 Pan-Fried Tomato Basil Fish Fillet with Lemon Mint Mayo 		
	Starch 淀粉/主食	椰浆饭 Coconut Rice 	土豆泥 Mashed Potato 	葡萄干中东小米 Middle Eastern Millet with Raisin 		
	Vegetable 蔬菜	烤花椰菜 Roasted Cauliflower 	蒜香孢子甘蓝 Garlic Brussels Sprout 	蔬菜沙拉 Mixed Salad 		
	Soup 汤	蔬菜浓汤 Vegetable Soup 	胡萝卜浓汤 Creamy Carrot Soup 	罗宋汤 Borscht Soup 		
	Dessert /Snack 甜品	原味蛋糕 Plain Cake 	巧克力蛋糕 Chocolate Cake 	香蕉蛋糕 Banana Cake 		
	Special Dish 特色西餐	奶油南瓜罗勒鸡肉意面 Creamy Pumpkin Basil Chicken Pasta 	黑椒牛肉意面 Black Pepper Beef Pasta 	番茄海鲜意面 Seafood Pasta in Tomato Sauce 		
Asian Kitchen 亚洲厨房 (Set Menu套餐)	Asian Protein 亚洲荤菜	水煮麻辣牛肉 Poached Beef in Hot Chili Oil 	荷叶糯米鸡 Lotus Leaf Sticky Rice Chicken 	咕咾肉 Sweet & Sour Pork 		
	Asian Protein 亚洲荤菜	西芹胡萝卜炒肉丝 Shredded Pork with Celery & Julienne Carrots 	西红柿炒鸡蛋 Scrambled Egg with Tomato 	芦笋丝炒肉 Asparagus Lettuce with Pork 		
	Vegetable 蔬菜	蒜泥生菜 Garlic Lettuce 	清炒菠菜 Stirred Spinach 	广东菜心 Sautéed Chinese Greens 		
	Starch 淀粉/主食	米饭/紫米饭 Steamed Rice/Multigrain Rice	米饭/紫米饭 Steamed Rice/Multigrain Rice	米饭/紫米饭 Steamed Rice/Multigrain Rice		
	Soup 汤	番茄鸡蛋榨菜汤 Tomato Egg & Pickle Soup 	西湖芙蓉羹 Egg & Mushroom Soup 	豆腐虾仁白菜汤 Tofu, Shrimp ana Cabbage Soup 		
	Dessert /Snack 甜品	原味蛋糕 Plain Cake 	巧克力蛋糕 Chocolate Cake 	香蕉蛋糕 Banana Cake 		
Twisted Beet 健康餐食	Super Food 超级健康餐	薄荷柠檬鱼健康碗 Pan-fried Mint Lemon Fish Healthy Bowl 	BBQ手撕猪肉健康碗 BBQ Pulled Pork Healthy Bowl 	迷迭香烤牛肉健康碗 Rosemary Roasted Beef Healthy Bowl 		
	Basic Vegetarian 基础素食套餐	焗豆/老豆腐/西兰花/鸡蛋/紫薯/ 藜麦/素食墨西哥卷 Baked Bean/Firm Tofu/Broccoli/Egg/Purple Potato/Quinoa/Mexican Vegetarian Wrap 	三角豆/油豆腐/西兰花/鸡蛋/南瓜/糙 米/素食披萨 Garbanzo Beans/Fried Tofu/Broccoli/Egg/Pumpkin/Bro ccoli/Rice/Vegetarian Pizza 	鹰嘴豆/兰花干/西兰花/煎蛋/玉米/中东小 米/素食炒饭 Chickpeas/Dry Bean Curd Stick/Broccoli/Fried Egg/Corn/Cous Cous/Vegetarian Fried Rice 		
Chef Special 主厨推荐 (Premium/Carving)		日式猪排饭 咖喱蔬菜 煎蛋 甜品 Japanese Fried Pork Cutlet with Rice Vegetable Curry Fried Egg Dessert 	韩式炸鸡 泡菜年糕 什锦时蔬 甜品 Korean Fried Chicken Kimchi & Rice Cake Mixed Vegetables Dessert 	萨拉米芝士披萨 薯条 蔬菜色拉 甜品 Salami Cheese Pizza Fries Mixed Salad Dessert 		
		Noodles Bar 面档	荠菜鲜肉馄饨/煎蛋 Pork & Shepherd's Purse Wonton/Fried Egg 	岐山臊子面/煮蛋 Qishan Diced Meat & Vegetables Noodles/Boiled Egg 	越南牛肉粉/煮蛋/时蔬 Vietnamese Beef Rice Noodles/Boiled Egg/Vegetables 	

## MS/HS Daily Main Nutritional Data

MON	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	975.76	51.32	16.94	154.52	3.43	627.40
	Special Dish 特色餐	728.50	45.47	20.76	89.96	2.16	243.40
	Asian Kitchen 亚洲厨房	649.15	37.35	19.21	81.72	3.72	420.80
	Basic Vegetarian 素食餐	211.08	24.25	11.64	2.33	-	125.30
	Super Food 超级套餐	898.19	31.94	6.99	176.88	3.30	120.00
	Chef Special 主厨推荐	1,036.21	36.85	61.99	82.73	0.90	1,339.30
	Live noodles 面档	571.64	23.86	21.16	71.44	-	400.00
TUE	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb (g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	826.78	49.21	28.61	93.11	3.85	1,155.42
	Special Dish 特色餐	858.65	43.65	29.42	104.83	1.03	117.90
	Asian Kitchen 亚洲厨房	758.14	47.49	26.71	81.94	4.12	314.11
	Basic Vegetarian 素食餐	169.55	21.30	4.50	1.30	-	104.70
	Super Food 超级套餐	886.19	34.59	14.95	153.32	6.14	20.00
	Chef Special 主厨推荐	527.72	47.17	29.20	19.06	2.52	483.90
	Live noodles 面档	445.57	28.15	17.03	44.93	3.83	313.40
WED	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	688.89	32.61	22.17	89.74	3.52	608.17
	Special Dish 特色餐	438.39	29.07	25.55	23.05	0.82	216.50
	Asian Kitchen 亚洲厨房	720.90	39.78	24.14	86.14	2.73	389.39
	Basic Vegetarian 素食餐	162.33	21.99	5.33	6.60	0.42	139.68
	Super Food 超级套餐	960.98	35.88	19.42	160.67	5.54	137.00
	Chef Special 主厨推荐	1,365.60	34.84	78.64	129.62	2.59	83.60
	Live noodles 面档	999.49	38.83	53.71	90.19	0.87	200.60
THU	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房						
	Special Dish 特色餐						
	Asian Kitchen 亚洲厨房						
	Basic Vegetarian 素食餐						
	Super Food 超级套餐						
	Chef Special 主厨推荐						
	Live noodles 面档						
FRI	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房						
	Special Dish 特色餐						
	Asian Kitchen 亚洲厨房						
	Basic Vegetarian 素食餐						
	Super Food 超级套餐						
	Chef Special 主厨推荐						
	Live noodles 面档						

Counter 柜台	Item 项目	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
				PIZZA DAY		BURGER DAY
	Week 39	5-May	6-May	7-May	8-May	9-May
World Kitchen 世界厨房 (Set Menu套餐)	Western Protein 西餐荤菜	BBQ烤猪肉 Roasted Pork with BBQ Sauce 	香煎鱼柳 Pan-fried Fish Fillet 	农家牛肉派 Farmer's Beef Pie 	香料烤猪柳 Spiced Roasted Pork Tenderloin 	迷迭香烤鸡腿 Rosemary Roasted Chicken Drumstick 
	Vegetable 蔬菜	黄油西兰花 Butter Broccoli 	蔬菜色拉 Mixed Salad 	烤孢子甘蓝, 青豆 Roasted Brussels Sprout & Green Peas 	烤时蔬 Roasted Vegetables 	蔬菜色拉 Mixed Salad 
	Starch 淀粉/主食	欧芹黄油土豆 Parsley Butter Potato 	烤红薯 & 芦笋 Roasted Sweet Potato & Asparagus 	土豆泥 Mashed Potato 	马铃薯千层派 Potato Gratin 	烤小土豆 Roasted Baby Potato 
	Soup 汤	蔬菜浓汤 Vegetable Soup 	奶油培根土豆汤 Creamy Bacon & Potato Soup 	罗宋汤 Borscht Soup 	玉米浓汤 Corn Soup 	胡萝卜浓汤 Cream Carrot Soup 
	Dessert /Snack 甜品	原味蛋糕 Plain Cake 	巧克力蛋糕 Chocolate Cake 	芝士蛋糕 Cheese Cake 	南瓜蛋糕 Pumpkin Cake 	胡萝卜蛋糕 Carrot Cake 
	Special Dish 特色西餐	肉酱意面 Bolognese Pasta 	辣番茄鸡肉意面 Chili Tomato Chicken Pasta 	奶油罗勒香肠面 Creamy Sausage & Basil Pasta 	番茄手打牛肉丸意面 Hand-made Beef Balls Pasta 	奶油培根芝士意面 Creamy Bacon Cheese Pasta 
Asian Kitchen 亚洲厨房 (Set Menu套餐)	Asian Protein 亚洲荤菜	沙茶草菇牛柳 Satay Beef with Straw Mushroom 	肉饼蒸咸蛋黄 Steamed Minced Pork with Salted Egg Yolk 	蒜香排骨 Garlic Pork Ribs 	歌乐山辣子鸡 Szechwan Spicy Chicken 	茶树菇香酥鸭 Crispy Duck with Cyclocybe Aegerita 
	Asian Protein 亚洲荤菜	木须肉 Stirred Bean Sprouts, Jelly Ear, Egg & Pork 	干锅土豆片 Dry Pot Potatoes with Pork 	麻婆豆腐 Spiced Tofu with Minced Pork 	花菜肉片 Stirred Cauliflower with Pork 	红烧肉炖冬瓜 Braised Wax Gourd with Minced Pork 
	Vegetable 蔬菜	芹菜香干 Celery & Dry Bean curd 	蒜泥油麦菜 Garlic Lettuce 	清炒小白菜 Sautéed Chinese Cabbage 	清炒香菇菜心 Sautéed Mushroom & Choy Sum 	蒜泥生菜 Garlic Lettuce 
	Starch 淀粉/主食	白米饭/杂粮饭 Steamed Rice/Multigrain Rice	白米饭/杂粮饭 Steamed Rice/Multigrain Rice	白米饭/杂粮饭 Steamed Rice/Multigrain Rice	白米饭/杂粮饭 Steamed Rice/Multigrain Rice	白米饭/杂粮饭 Steamed Rice/Multigrain Rice
	Soup 汤	榨菜紫菜蛋汤 Egg, Nori & Pickle Mustard Soup 	宋嫂鱼羹 Fish Broth 	番茄冬瓜豆腐汤 Tomato & Wax Gourd Tofu Soup 	酸辣汤 Spicy and Sour Soup 	丝瓜蛋汤 Loofah Egg Soup 
	Dessert /Snack 甜品	原味蛋糕 Plain Cake 	巧克力蛋糕 Chocolate Cake 	柠檬蛋糕 Lemon Cake 	南瓜蛋糕 Pumpkin Cake 	胡萝卜蛋糕 Carrot Cake 
Twisted Beet 健康餐食	Super Food 超级健康餐	板烧鸡腿健康碗 Grilled Chicken Healthy Bowl 	台式卤肉健康碗 Taiwan Braised Minced Pork Healthy Bowl 	日式牛肉健康碗 Japanese Beef Healthy Bowl 	港式鱼丸健康碗 Hong Kong Fish Balls Healthy Bowl 	香煎鱼柳健康碗 Pan-fried Fish Healthy Bowl 
	Basic Vegetarian 基础素食套餐	鹰嘴豆/百叶结/西兰花/鸡蛋/烤红薯/中尔小米/素食墨西哥卷 Chickpeas/Bean Curd Sheet/Broccoli/Egg/Roasted Sweet Potato/Cous Cous/Mexican Vegetarian Wrap 	扁豆/老豆腐/西兰花/鸡蛋/紫薯/藜麦/素食橄榄意面 Baked Bean/Tofu/Broccoli/Egg/Roasted Purple Potato/Quinoa/Vegetarian Pasta 	红鹰嘴豆/葱烧豆腐/西兰花/鸡蛋/玉米/黑米/素食炒面 Chickpeas/Marinated Bean Curd /Broccoli/Egg/Corn/Black Rice/Vegetarian Noodles 	三角豆/油豆腐/西兰花/鸡蛋/烤节瓜/糙米/素食披萨 Chick Peas/Fried Tofu/Broccoli/Egg/Roasted Zucchini/Brown Rice/Vegetarian Pizza 	白芸豆/西兰花/鸡蛋/南瓜/紫米饭/素食炒饭 White Kidney Bean/Vegetarian Tofu/Broccoli/Egg/Roasted Pumpkin/Purple Rice/Vegetarian Fried Rice 
Chef Special 主厨推荐 (Premium/Carving)		广式烧肉&玫瑰豉油鸡 广东菜心 & 煎蛋 米饭 甜品 Cantonese Roast Pork & Soya Poached Chicken Chinese Greens & Fried Egg Rice Dessert 	东坡肉 春卷 腊肉炒饭 广东菜心 甜品 Braised Dongpo Pork Spring Roll Fried Rice with Cured Meat Chinese Greens Dessert 	夏威夷披萨 薯格 蔬菜色拉 甜品 Hawaii Pizza Waffle Fries Mixed Salad Dessert 	韩式肥牛饭 辣白菜 什锦时蔬 甜品 Korean Beef Bibimbap Kimchi Mixed Vegetables Dessert 	双层起司牛肉培根汉堡 蔬菜色拉 薯条 甜品 Double Cheese Beef & Bacon Burger Mixed Salad Fries Dessert 
		Noodles Bar 面档	白菜猪肉水饺/煎蛋 Pork Cabbage Dumpling/Fried Egg 	葱油拌面/糖醋小排/素鸡 Noodles with Fried Scallion Oil/ Sweet Sour Rib/Plant-based Chicken 	印尼咖喱鸡肉米线/煮蛋 Indonesia Soto ayam/Boiled Egg 	豌豆面/青菜/煮蛋 Noodles with Peas and Meat Chili Sauce/Green Vegetables/Boiled Egg 

## MS/HS Daily Main Nutritional Data

MON	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	798.9	34.1	50.5	52	7.3	619
	Special Dish 特色餐	519.6	28.7	27.6	39.1	1.9	204
	Asian Kitchen 亚洲厨房	801.8	37.4	32.6	89.7	3.9	620
	Basic Vegetarian 素食餐	604.8	30.2	10.8	96.7	3.4	178
	Super Food 超级套餐	221.9	28	11.5	1.6	0.5	535
	Chef Special 主厨推荐	723.5	45.9	28.3	71.3	1.5	220
	Live noodles 面档	615.2	35.7	26.4	58.7	1.2	183
TUE	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb (g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	734.3	38.3	39.9	55.5	3.5	581
	Special Dish 特色餐	525.6	39.7	22	42.2	1.3	242
	Asian Kitchen 亚洲厨房	953.4	36.6	47	96	2.7	540
	Basic Vegetarian 素食餐	599.9	29	13.9	89.7	4.8	188
	Super Food 超级套餐	241.5	23.7	14.7	3.6	0.5	201
	Chef Special 主厨推荐	774.4	37	47.2	50.4	5.9	157
	Live noodles 面档	503.6	32.7	14.4	60.8	1.4	214
WED	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	788.9	34.1	50.5	52	7.3	619
	Special Dish 特色餐	516.6	28.7	27.6	39.1	1.9	204
	Asian Kitchen 亚洲厨房	811.8	37.4	32.6	89.7	3.9	620
	Basic Vegetarian 素食餐	604.8	30.2	10.8	96.7	3.4	178
	Super Food 超级套餐	221.9	28	11.5	1.6	0.5	535
	Chef Special 主厨推荐	723.5	45.9	28.3	71.3	1.5	220
	Live noodles 面档	615.2	35.7	26.4	58.7	1.2	183
THU	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	634.3	38.3	39.9	55.5	3.5	581
	Special Dish 特色餐	535.6	39.7	22	42.2	1.3	242
	Asian Kitchen 亚洲厨房	953.4	36.6	47	96	2.7	540
	Basic Vegetarian 素食餐	599.9	29	13.9	89.7	4.8	188
	Super Food 超级套餐	241.5	23.7	14.7	3.6	0.5	201
	Chef Special 主厨推荐	774.4	37	47.2	50.4	5.9	157
	Live noodles 面档	503.6	32.7	14.4	60.8	1.4	214
FRI	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	World Kitchen 世界厨房	861.7	41.9	30.1	110.8	5.7	770
	Special Dish 特色餐	696.8	19.1	50.4	41.7	1.6	703
	Asian Kitchen 亚洲厨房	930.4	42.7	44	90.9	2.1	528
	Basic Vegetarian 素食餐	548.8	26.5	12.4	82.8	3.7	235
	Super Food 超级套餐	157.7	21.6	6.1	4.1	0.1	164
	Chef Special 主厨推荐	756.1	36.3	23.7	99.4	2.1	386
	Live noodles 面档	554.8	39.8	11.6	72.8	0.9	132