





































































Counter 柜台	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
ES Western Set Meal 西式套餐	奶油培根意面 Creamy Bacon Pasta   	番茄炖肉 Tomato Vegetables Simmered Pork 	香肠芝士披萨 Sausage Cheese Pizza   		
	烤法棍片 Baked Sliced Baguette 	土豆泥 Mashed Potato  	鸡米花 Popcorn Chicken  		
	花椰菜 Cauliflower 	蔬菜沙拉 Mixed Salad	蔬菜色拉 Mixed Salad		
ES Asian Set Meal 亚式套餐	咖喱牛肉 Beef Curry 	荷叶香鸡 Lotus Leaf Chicken & Potato 	广式咕咾肉 Sweet & Sour Pork  		
	玉米饭 Steamed Corn Rice	米饭 Steamed Rice	素炒面 Vegetarian Fried Noodles  		
	清炒生菜 Sauteed Lettuce 	清炒菠菜 Stirred Spinach 	广东菜心 Choy Sum 		
Healthy Vegetables for 2 Sets 健康蔬菜	黄瓜/胡萝卜/圣女果 Cucumber/Carrots/Cherry Tomato	黄瓜/胡萝卜/圣女果 Cucumber/Carrots/Cherry Tomato	黄瓜/胡萝卜/圣女果 Cucumber/Carrots/Cherry Tomato		
Fruits for 2 Sets 水果	香蕉 Banana	西瓜 Watermelon	哈密瓜 Honey Melon		
Soup for 2 Sets 汤	蔬菜浓汤 Vegetable Soup 	胡萝卜浓汤 Creamy Carrot Soup  	罗宋汤 Borscht Soup 		
Drinks for 2 Sets 饮品	Milk/Yogurt/Juice/Soy Milk 牛奶/酸奶/果汁/豆奶				
Dish can be mixed freely from Western and Chinese set meal as student's willingness					

## ES Daily Main Nutritional Data

<b>MON</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	ES Western Set Nutritional Data 西餐	528.5	30.7	12.9	72.4	2.3	301
	ES Asian Set Nutritional Data 中餐	554.5	21.2	29.3	51.5	3	349
<b>TUE</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	ES Western Set Nutritional Data 西餐	552.6	31.8	23	54.6	2.8	530
	ES Asian Set Nutritional Data 中餐	520.3	30.6	18.3	58.3	1.8	385
<b>WED</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	ES Western Set Nutritional Data 西餐	560.5	26.8	24.9	57.3	0.9	372.8
	ES Asian Set Nutritional Data 中餐	524.7	25.1	24.7	50.5	2.3	267
<b>THU</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	ES Western Set Nutritional Data 西餐						
	ES Asian Set Nutritional Data 中餐						
<b>FRI</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	ES Western Set Nutritional Data 西餐						
	ES Asian Set Nutritional Data 中餐						

Counter 柜台	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
ES Western Set Meal 西式套餐	肉酱意面 Bolognese Pasta  	香炸鱼排 Fried Fish Fillet  	夏威夷披萨 Hawaii Pizza   	香烤猪柳 Roasted Pork Tenderloin 	牛肉芝士汉堡/薯条 Beef Cheese Burger/Fries    
	烤法棍片 Baked Sliced Baguette 	小土豆 Baby Potatoes	鸡米花 Popcorn Chicken  	红薯 Sweet Potato 	薯条 Fries  
	西兰花 Broccoli  	蔬菜色拉 Mixed Salad	蔬菜色拉 Mixed Salad 	烤时蔬 Roasted Vegetables 	蔬菜色拉 Mixed Salad 
ES Asian Set Meal 亚式套餐	红烧牛腩土豆 Braised Beef Brisket with Potato in Brown Sauce  	肉饼蒸蛋 Steamed Minced Pork with Egg Yolk   	西红柿炒鸡蛋 Scramble Egg with Tomato 	宫保鸡丁 Kung Pao Chicken 	本帮酱鸭 Shanghai Soya Duck 
	白米饭 Steamed Rice	扬州炒饭 Yangzhou Fried Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	白米饭 Steamed Rice
	芹菜香干 Celery & Dry Bean curd	白灼油麦菜 Sautéed Lettuce	清炒杭白菜 Chinese Cabbage	清炒香菇菜心 Sautéed Mushroom & Choy Sum	白灼生菜 Sautéed Lettuce
Vegetables for 2 Sets 健康蔬菜	黄瓜/胡萝卜/圣女果 Cucumber/Carrots/Cherry Tomato	黄瓜/胡萝卜/圣女果 Cucumber/Carrots/Cherry Tomato	黄瓜/胡萝卜/圣女果 Cucumber/Carrots/Cherry Tomato	黄瓜/胡萝卜/圣女果 Cucumber/Carrots/Cherry Tomato	黄瓜/胡萝卜/圣女果 Cucumber/Carrots/Cherry Tomato
Soup for 2 Sets 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  
Fruits for 2 Sets 水果	香蕉 Banana	西瓜 Watermelon	哈密瓜 Honey Melon	橙子 Orange	西瓜/胡萝卜蛋糕 Watermelon/Carrot Cake   
Drinks for 2 Sets 饮品	Milk/Yogurt/Juice/Soy Milk 牛奶/酸奶/果汁/豆奶				
Dish can be mixed freely from Western and Asian set meal					

## ES Daily Main Nutritional Data

<b>MON</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	ES Western Set Nutritional Data 西餐	533.8	25.4	25	51.8	2.4	624
	ES Asian Set Nutritional Data 中餐	463.7	30.3	16.5	48.5	2.1	234
<b>TUE</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	ES Western Set Nutritional Data 西餐	493.1	24.9	19.1	55.4	2.8	374
	ES Asian Set Nutritional Data 中餐	456.3	26.2	16.7	50.3	2.3	302
<b>WED</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	ES Western Set Nutritional Data 西餐	523.8	25.4	25	51.8	2.4	624
	ES Asian Set Nutritional Data 中餐	463.7	30.3	16.5	48.5	2.1	234
<b>THU</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	ES Western Set Nutritional Data 西餐	491.1	24.9	19.1	55.4	2.8	374
	ES Asian Set Nutritional Data 中餐	456.3	26.2	16.7	50.3	2.3	302
<b>FRI</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	ES Western Set Nutritional Data 西餐	553.9	16.3	36.7	42.1	2.7	376
	ES Asian Set Nutritional Data 中餐	484	29.6	19.2	48.2	1.9	313