













































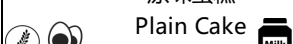
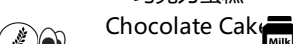
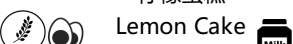
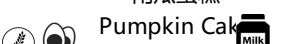
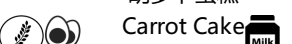


Counter 柜台	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
			PIZZA DAY		BURGER DAY
Week 38	28-Apr	29-Apr	30-Apr	1-May	2-May
Set Menu	奶油培根意面 Creamy Bacon Pasta   	番茄炖肉 Tomato Simmered Pork 	香肠芝士披萨 Sausage Cheese Pizza   		
	西兰花 Broccoli 	土豆泥 Mashed Potato  	玉米 Corn		
	土豆牛肉 Stirred Beef with Potato 	荷叶香鸡 Lotus Leaf Chicken & Potato 	广式咕咾肉 Sweet & Sour Pork  		
	清炒生菜 Sauteed Lettuce 	清炒菠菜 Stirred Spinach 	广东菜心 Choy Sum 		
	米饭 Steamed Rice	米饭 Steamed Rice	素炒面 Vegetarian Fried Noodle  		
	原味蛋糕 Plain Cake   	巧克力蛋糕 Chocolate Cake   	芝士蛋糕 Cheese Cake   		
	香蕉 Banana	西瓜 Watermelon	哈密瓜 Honey Melon		
Drink 饮品	Milk/Yogurt/Juice/Soy Milk 牛奶/酸奶/果汁/豆奶				

EC Daily Main Nutritional Data

MON	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data	429.5	31.6	10.7	51.7	2.7	432
TUE	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data	429.2	26.9	15.6	45.3	2.2	573
WED	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data	454.1	23.9	20.1	44.4	2	334
THU	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data						
FRI	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data						

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
Set Menu	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 Beef Cheese Burger 
	西兰花 Broccoli 	小土豆 Baby Potatoes	玉米 Corn	烤土豆 Roasted Potato 	薯条 Fries 
	红烧牛腩 Braised Beef Brisket 	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 
	芹菜香干 Celery & Dry Bean curd 	菠菜胡萝卜 Spinach Carrot 	玉米&清炒杭白菜 Corn & Sautéed Chinese Cabbage 	清炒香菇菜心 Sautéed Mushroom & Choy Sum 	白灼生菜 Sautéed Lettuce 
	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
	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 
	香蕉/健康蔬菜 Banana/Vegetable	西瓜/健康蔬菜 Watermelon/Vegetable	哈密瓜/健康蔬菜 Honey Melon/Vegetable	橙子/健康蔬菜 Orange/Vegetable	西瓜/健康蔬菜 Watermelon/Vegetable
Drink 饮品	Milk/Yogurt/Juice/Soy Milk 牛奶/酸奶/果汁/豆奶				

EC Daily Main Nutritional Data

MON	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data	429.7	16.9	19.3	47.1	2.4	424
TUE	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data	398.2	20.7	18.6	37	2.2	374
WED	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data	439.7	16.9	19.3	47.1	2.4	424
THU	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data	397.2	20.7	18.6	37	2.2	374
FRI	Menu&Nutrient Element	Energy(Kcal)	Protein(g)	Fat(g)	Carb(g)	Fiber(g)	Sodium(mg)
	Nutritional Data	412.1	11.6	23.3	41.5	2.5	376