



	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
Soup	Soup of the Day 每日例汤	Tom Yum Kung 泰式酸辣汤	Soup of the Day 每日例汤	Mushroom Cream Soup 奶油蘑菇汤	Soup of the Day 每日例汤
Asian Dish	Stew Chicken with Soy Sauce 本帮烧鸡	Stewed Pork & Chestnut 马蹄炖猪肉	Noodles with Beef and Turnip 萝卜牛肉面	Steamed Pork & Rice 米粉肉	Stir Fry Chicken & Soy Bean Paste 酱爆鸡丁
	Sautéed Cabbage & Glass Noodle 粉丝卷心菜	Bean Sprout with Egg 豆芽炒鸡蛋	Baicia 白菜丝 Bean Sprouts 豆芽丝 Cucumber 黄瓜丝	Sauteed Snow Pea with Lotus 荷塘小炒	Sauteed Long Bean 炒豇豆
	Sweet Potato Rice 红薯饭	Steam Purple Rice 紫米饭	Steam Rice 米饭	Steam Rice & Couscous 小米饭	Steam Tomato Rice 番茄米饭
Western Dish	Roast Pork with Apple Sauce 苹果汁烤猪柳	Grilled Cumin Duck Breast 孜然鸭胸	Grilled Sausage & Onion Sauce 洋葱烤肠	Chicken Cordon Bleu 酿鸡胸	Deep Fry Fish & Tartar Sauce 炸鱼塔塔汁
	Broccoli with Carrot 炒西兰花胡萝卜	Baked Cauliflower 焗菜花	Sautéed Green Peas & Corn 甜味青豆玉米粒	Stir Fried Zucchini 炒西葫芦	Grilled Tomato 香草番茄
	Parsley Potato 烤土豆	Steam Potato 蒸土豆	Potato Lyonnaise 洋葱炒土豆	Potato Wedge 土豆角	Roast Potato 烤土豆
Vegetarian	Vegetable Hutazi 蔬菜糊塌子	Vegetable Dumplings 素饺子	Tomato Egg Noodle 番茄鸡蛋面	Vegetable Bun 素包子	Sauteed Bean Curd 家常豆腐
A la carte	Roast Chicken 鸡烤	Pan Fried Pork Dumpling 煎饺	Pasta & Beef Tomato Sauce 牛肉意面	Chili Pot Fish 水煮鱼	Sweet And Sour Fish Ball 糖醋鱼丸
Mondo	Choice of Various Sandwiches				
Fruit	Daily Fruit				

**Nutritional Facts**

营养分析:

**Nutritional Recommendation:**

营养摄入建议

**Energy (Kcal)**

884

**Energy (Kcal)**

900

**Protein (g)**

37

**Protein (g)**

35

**Carbohydrate (g)**

112

**Carbohydrate (g)**

113

**Fat (g)**

32

**Fat (g)**

34

**Sodium (mg)**

1377

**Sodium (mg)**

1500