

Lunch Menu for Year 3 to Year 6

7 Mar 2022 to 11 Mar 2022

	MONDAY	TUESDAY	CONSCIOUS WEDNESDAY**	THURSDAY	FRIDAY
	7 Mar	8 Mar	9 Mar	10 Mar	11 Mar
Pizzeria	Roasted Beef and Grilled Peppers Sandwich	Pizza Margherita	Tea Party Club Sandwich (without Egg)	Meatball Pasta	DIY Sandwiches
	Corn on the cob	Mixed Vegetables	French Fries	Green Peas	Salad
Western Set	Roasted BBQ Chicken Leg served with Blue Cheese Dressing	Roast Beef with Honey Mustard Sauce	Z-Rou Spaghetti Bolognese	Fried Chicken	Pan-fried Fish with Lemon Butter Sauce
	Sautéed Broccoli, Cauliflower and Carrots	Sautéed Green Peas & Onions	Carrots	Salad	Roasted Mixed Vegetables
	Potato Wedges	Mashed Potatoes		Roasted Baby Potatoes	Boiled Potatoes
Asian Set	Chinese Style Salt & Pepper Pork	Shanghainese Duck Breast in Soy Sauce	Three-Cup Chicken	Japanese Beef & Tomato Udon	Sweet Sour Pork Ribs
	Sauteed White Gourd with Green Soy Bean	Wok fried Bok Choy with Shitake	Braised Baby Cabbage in Broth		Sautéed Garlic Shoots
	Fried Rice	Multigrain Rice	Steamed Rice		Steamed Rice
Vegetarian Set	Mushroom and Pea Risotto	Aloo Mutter Gobi	Vegetable Frittata	Kong Pao Tofu	Pumpkin Parmesan Pie
		(Indian Curry with Potatoes, Peas and Cauliflower)		Fried Rice and Vegetable Baozi	
SOUP OF THE DAY	Tomato Basil Soup	Orange Carrot Soup	Coconut Pumpkin Soup	Potato Leek Soup	Minestrone
DAILY SALAD BAR, FRUIT AND YOGHURT					

Please note: Year 5 and Year 6 students eat their lunch in the Senior School dining hall and will be served the food options that are only listed on this menu.

** Conscious Wednesday is a new initiative, where Z-Rou, a new plant-based meat alternative will be offered as one of the lunch option on Wednesdays. Please click [here](#) for more details.

Suitable for vegetarians	Contains pork	Contains Milk/Dairy	Contains Celery	Mildly Spicy
Contains Egg	Contains Fish	Contains Seafood	Contains Beans	Contains Lamb
Contains Gluten	Contains beef	Contains Poultry	Not Spicy	Contains Honey

3 – 6 年级午餐

7 Mar 2022 to 11 Mar 2022

	MONDAY	TUESDAY	CONSCIOUS WEDNESDAY**	THURSDAY	FRIDAY
	7 Mar	8 Mar	9 Mar	10 Mar	11 Mar
热三明治	烤牛肉三明治	玛格丽特披萨	爱丽丝三明治 (总汇三明治)	肉丸意面	自选三明治
	玉米棒	杂菜粒	薯条	青豆	色拉
西餐	蓝纹芝士烤鸡腿	芥末烤牛肉	植物肉意式肉酱面	炸鸡排	煎巴沙鱼配柠檬黄油汁
	炒时蔬	青豆 & 洋葱	胡萝卜	色拉	烤时蔬
	薯角	土豆泥		烤土豆	煮土豆
亚餐	椒盐排条	本帮酱鸭	三杯鸡	日式肥牛番茄乌冬面	糖醋小排
	毛豆冬瓜	青菜炒香菇	上汤娃娃菜		炒蒜苔
	炒饭	杂粮饭	米饭		米饭
素食	意式蘑菇青豆烩饭	印度咖喱	西班牙蔬菜蛋饼	宫爆豆腐	芝士南瓜派
	炒蔬菜	(土豆, 青豆, 花菜咖喱)	胡萝卜	炒饭 & 菜包	烤时蔬
每日例汤	番茄罗勒汤	橙味胡萝卜汤	椰香南瓜汤	京葱土豆汤	意大利蔬菜汤
			每日水果 和 酸奶		

请注意: 在高中食堂用餐的五年级和六年级学生请参阅“三-六年级的午餐菜单”，以获取可供选择的午餐。

** 健康意识的星期三是一个新的倡议，Z-Rou，一种新的植物性肉类替代品将提供给高中生，作为星期三午餐的选择之一。

素食者可选	含猪肉	含牛奶	含芹菜	微辣
含鸡蛋	含鱼肉	含海鲜	含豆类	羊肉
含麸质	含牛肉	含禽类	不辣	蜂蜜

Nutritional Values of Meals on the Year 3 to Year 6 Menu: 7 MAR to 11 MAR 2022

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
7 Mar		TOTAL	8 Mar		TOTAL	9 Mar		TOTAL	10 Mar		TOTAL	11 Mar		TOTAL
Roasted Beef & Grilled Peppers Sandwich 烤牛肉彩椒三明治	能量(Kcal) Energy	900	Pizza Margherita 玛格丽特披萨	能量(Kcal) Energy	236	Tea Party Club Sandwich 爱丽丝三明治	能量(Kcal) Energy	840	Meatball Pasta 肉丸意面	能量(Kcal) Energy	908	DIY Sandwich 自选三明治	能量(Kcal) Energy	
	蛋白质(g) Protein	30.5		蛋白质(g) Protein	14.6		蛋白质(g) Protein	30.4		蛋白质(g) Protein	31.3		蛋白质(g) Protein	
	脂肪(g) Fat	39		脂肪(g) Fat	9.4		脂肪(g) Fat	39.7		脂肪(g) Fat	40.9		脂肪(g) Fat	
	碳水化合物(g) Carbohydrates	106.9		碳水化合物(g) Carbohydrates	23.4		碳水化合物(g) Carbohydrates	91.1		碳水化合物(g) Carbohydrates	103.9		碳水化合物(g) Carbohydrates	
	膳食纤维(g) Dietary fiber	3.8		膳食纤维(g) Dietary fiber	0.9		膳食纤维(g) Dietary fiber	4.8		膳食纤维(g) Dietary fiber	2.1		膳食纤维(g) Dietary fiber	
胆固醇(mg) cholesterol	97	胆固醇(mg) cholesterol	4	胆固醇(mg) cholesterol	48	胆固醇(mg) cholesterol	81	胆固醇(mg) cholesterol						
Roasted BBQ Chicken Leg Served with Blue Cheese Dressing 蓝纹芝士烤鸡腿	能量(Kcal) Energy	608	Roast Beef with Mustard 芥末烤牛肉	能量(Kcal) Energy	377	Z-Rou Spaghetti Bolognaise 植物肉酱意面	能量(Kcal) Energy	691	Fried Chicken 炸鸡排	能量(Kcal) Energy	701	Pan-Fried Fish 煎巴沙鱼	能量(Kcal) Energy	495
	蛋白质(g) Protein	23.3		蛋白质(g) Protein	30.6		蛋白质(g) Protein	23		蛋白质(g) Protein	28.7		蛋白质(g) Protein	32.2
	脂肪(g) Fat	12		脂肪(g) Fat	9.7		脂肪(g) Fat	10		脂肪(g) Fat	34.6		脂肪(g) Fat	22.3
	碳水化合物(g) Carbohydrates	101.8		碳水化合物(g) Carbohydrates	42		碳水化合物(g) Carbohydrates	122		碳水化合物(g) Carbohydrates	69		碳水化合物(g) Carbohydrates	41.4
	膳食纤维(g) Dietary fiber	1.7		膳食纤维(g) Dietary fiber	3.7		膳食纤维(g) Dietary fiber	7		膳食纤维(g) Dietary fiber	2.3		膳食纤维(g) Dietary fiber	4.3
胆固醇(mg) cholesterol	134	胆固醇(mg) cholesterol	94	胆固醇(mg) cholesterol	0	胆固醇(mg) cholesterol	202	胆固醇(mg) cholesterol	182					
Salt & Pepper Pork 椒盐排条	能量(Kcal) Energy	864	Shanghainese Duck Breast in Soy Sauce 本帮酱鸭	能量(Kcal) Energy	866	Three-Cup Chicken 三杯鸡	能量(Kcal) Energy	789	Japanese Beef & Tomato Udon 日式肥牛番茄乌冬面	能量(Kcal) Energy	624	Sweet Sour Pork Ribs 糖醋小排	能量(Kcal) Energy	875
	蛋白质(g) Protein	40.9		蛋白质(g) Protein	37.8		蛋白质(g) Protein	41.9		蛋白质(g) Protein	33.7		蛋白质(g) Protein	24.8
	脂肪(g) Fat	27.6		脂肪(g) Fat	34.9		脂肪(g) Fat	27		脂肪(g) Fat	21.9		脂肪(g) Fat	38.4
	碳水化合物(g) Carbohydrates	113		碳水化合物(g) Carbohydrates	100.2		碳水化合物(g) Carbohydrates	96.4		碳水化合物(g) Carbohydrates	73.7		碳水化合物(g) Carbohydrates	107.4
	膳食纤维(g) Dietary fiber	4.5		膳食纤维(g) Dietary fiber	3.1		膳食纤维(g) Dietary fiber	4		膳食纤维(g) Dietary fiber	2.8		膳食纤维(g) Dietary fiber	3
胆固醇(mg) cholesterol	545	胆固醇(mg) cholesterol	160	胆固醇(mg) cholesterol	149	胆固醇(mg) cholesterol	70	胆固醇(mg) cholesterol	80					
Mushroom & Pea Risotto 意式蘑菇青豆烩饭	能量(Kcal) Energy	620	Aloo Mutter Gobi 印度咖喱蔬菜	能量(Kcal) Energy	601	Vegetable Frittata 西班牙蔬菜蛋饼	能量(Kcal) Energy	100	Kung Pao Tofu 宫爆豆腐	能量(Kcal) Energy	649	Pumpkin Parmesan Pie 芝士南瓜派	能量(Kcal) Energy	459
	蛋白质(g) Protein	18.2		蛋白质(g) Protein	19.8		蛋白质(g) Protein	8.5		蛋白质(g) Protein	22.6		蛋白质(g) Protein	10.8
	脂肪(g) Fat	22		脂肪(g) Fat	4.6		脂肪(g) Fat	5.3		脂肪(g) Fat	5.6		脂肪(g) Fat	34.9
	碳水化合物(g) Carbohydrates	87.5		碳水化合物(g) Carbohydrates	120.2		碳水化合物(g) Carbohydrates	4.8		碳水化合物(g) Carbohydrates	127.3		碳水化合物(g) Carbohydrates	25.7
	膳食纤维(g) Dietary fiber	4.2		膳食纤维(g) Dietary fiber	5.1		膳食纤维(g) Dietary fiber	0.7		膳食纤维(g) Dietary fiber	5.5		膳食纤维(g) Dietary fiber	1.2
胆固醇(mg) cholesterol	34	胆固醇(mg) cholesterol	0	胆固醇(mg) cholesterol	345	胆固醇(mg) cholesterol	176	胆固醇(mg) cholesterol	82					