

# Lunch Menu for Year 7 to Year 13

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	1/2 Pizza Margherita	Tea Part Club Sandwich (without Egg)	Meatball Pasta	DIY Sandwiches
	Corn on the cob	Sausage & Mixed Vegetables	French Fries	Green Peas	Salad
DELICATESSEN	Roasted BBQ Chicken Leg served with Blue Cheese Dressing	Roast Beef with Honey Mustard Sauce	Z-Rou Spaghetti Bolognaise	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
OISHI	Beef Curry with Rice	Shanghai Style Pork Chop with Noodle Soup	Tonkatsu Pork Ramen	Japanese Beef & Tomato Udon	Indonesian style Fried Rice with Chicken Leg
	Sautéed Broccoli	Chinese Greens			
WOK MASTER	Chinese Style Salt & Pepper Pork	Shanghainese Duck Breast in Soy Sauce	Three-Cup Chicken	Kong Pao Chicken	Sweet Sour Pork Ribs
	Sauteed White Gourd with Green Soy Bean	Wok fried Bok Choy with Shitake	Braised Baby Cabbage in Broth	Spinach	Sautéed Garlic Shoots
	Fried Rice	Multigrain Rice	Steamed Rice	Multigrain 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 who eat their lunch in the Senior School dining hall are requested to refer to the 'Lunch Menu for Years 3 to Years 6' for available lunch options.

\* The Pizza served to Senior School students will now be a half-pizza served with a protein-based side dish and side vegetables. Please click [here](#) for more details.

\*\* Conscious Wednesday is a new initiative, where Z-Rou, a new plant-based meat alternative will be offered to Senior School students as one of the lunch options 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

# 7-13 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	半个玛格丽特披萨	爱丽丝三明治 (总汇三明治)	肉丸意面	自选三明治
	玉米棒	香肠和杂菜粒	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
东南亚	咖喱牛肉配米饭	红烧大排面	日式豚骨拉面	日式肥牛番茄乌冬面	印尼炒饭
	炒西兰花	青菜			鸡腿
中餐	椒盐排条	本帮酱鸭	三杯鸡	宫爆鸡丁	糖醋小排
	毛豆冬瓜	青菜炒香菇	上汤娃娃菜	菠菜	炒蒜苔
	炒饭	杂粮饭	米饭	杂粮饭	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
SOUP OF THE DAY	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
			每日色拉, 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“三年级至六年级的午餐菜单”, 以获取可供选择的午餐。

\*现在提供给高中生的披萨将是半份披萨, 配以蛋白质为主的配菜和蔬菜。

\*\* 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  
 含鸡蛋  
 含麸质

含猪肉  
 含鱼肉  
 含牛肉

含牛奶  
 含海鲜  
 含禽类

含芹菜  
 含豆类  
 不辣

微辣  
 羊肉  
 蜂蜜

AdenEdge

# Nutritional Values of Meals on the Year 7 to Year 13 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
Roast Beef & Grilled Peppers Sandwich 烤牛肉彩椒三明治	能量(Kcal) Energy	900	½ 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 Bolognese 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					
Beef Curry with Rice 日式咖喱牛肉配米饭	能量(Kcal) Energy	688	Soup Noodles with Pork Chop 红烧大排面	能量(Kcal) Energy	805	Tonkatsu Pork Ramen 日式豚骨拉面	能量(Kcal) Energy	854	Japanese Beef & Tomato Udon 日式肥牛番茄乌冬面	能量(Kcal) Energy	624	Nasi Goreng 印尼炒饭	能量(Kcal) Energy	805
	蛋白质(g) Protein	21.8		蛋白质(g) Protein	52.8		蛋白质(g) Protein	28.2		蛋白质(g) Protein	33.7		蛋白质(g) Protein	45.5
	脂肪(g) Fat	32.8		脂肪(g) Fat	20.8		脂肪(g) Fat	37.5		脂肪(g) Fat	21.9		脂肪(g) Fat	24.6
	碳水化合物(g) Carbohydrates	76.4		碳水化合物(g) Carbohydrates	101.7		碳水化合物(g) Carbohydrates	101.3		碳水化合物(g) Carbohydrates	73.7		碳水化合物(g) Carbohydrates	101.3
	膳食纤维(g) Dietary fiber	3.6		膳食纤维(g) Dietary fiber	4.4		膳食纤维(g) Dietary fiber	3.7		膳食纤维(g) Dietary fiber	2.8		膳食纤维(g) Dietary fiber	4
胆固醇(mg) cholesterol	35	胆固醇(mg) cholesterol	55	胆固醇(mg) cholesterol	80	胆固醇(mg) cholesterol	70	胆固醇(mg) cholesterol	295					
Salt & Pepper Pork 椒盐排条	能量(Kcal) Energy	864	Shanghaiese 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	Kung Pao Chicken 宫爆鸡丁	能量(Kcal) Energy	620	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	32.2		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	6.5		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	108.3		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	3.9		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	82	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					