





















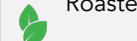


















Sample Lunch Menu for Year 3 to Year 13

	MONDAY	TUESDAY	CONSCIOUS WEDNESDAY**	THURSDAY	FRIDAY
PIZZERIA	Meatballs Sandwich	½ Salami Pizza	Teriyaki Chicken Sandwich	Fettuccini Amatriciana (Tomato & Bacon Sauce)	Peking Duck Wrap
	Potato Wedges 	Spring Roll & Mixed Vegetable 	French Fries 	Peas 	Potato Wedges 
DELICATESSEN	Roasted Duck Breast Served with Orange Sauce	Grilled Sausages & Sauerkraut	Burgundy Style Beef	Beef Burger	Pork Milanese
	Broccoli	Peas	Roasted Carrots	Potato Wedges	Spinach
	Mashed Potato 	Polenta Cake 	Sautéed Onion and Potatoes 	Corn on the Cob 	Potato Gratin 
OISHI	Beef Donburi	Beef Rendang with Rice	<i>Z-Rou Dan-dan Noodle</i>	Spicy Pork in Noodle Soup	Laksa Ayam
	Cabbage 		<i>Sichuan Vegetable</i> 	Chinese Pickles & Egg 	(Indonesian Noodle Soup) 
WOK MASTER	Fried Pork Dumplings	Sichuan Chicken	Yuxiang Shredded Pork	Sweet & Sour Fish	Roasted Chicken Leg
	Sautéed Mixed Vegetables	Sautéed Zucchini and Corn	Chinese Little Greens	Choy-Sum	Bok Choy
		Multigrain Rice 	Steamed Rice 	Steamed Rice 	Fried Rice 
VEGETARIAN SET 	Fried Vegetable Dumplings	Vegetable Lasagna	Grilled Vegetable Skewers	Roasted Stuffed Tomatoes (Lentils, Chickpeas & Vegetables) Served with Cous Cous OR Steamed Rice (as GF option)	Ratatouille with Garlic Bread OR Rice (as GF option)
	Sautéed Mixed Vegetables 		Roasted Potatoes 		
SOUP OF THE DAY	Tomato Basil Soup	Orange Carrot Soup	Coconut Pumpkin Soup	Potato Leek Soup	Minestrone

DAILY FRUIT AND YOGHURT

** Conscious Wednesday is a new initiative, where Z-Rou, a new plant-based meat alternative will be offered to students as one of the lunch option on Wednesdays.

 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	

3-13 年级午餐菜单示例

	周一	周二	健康意识周三**	周四	周五
热三明治	肉丸三明治 薯角	半个萨拉米披萨 春卷 & 杂菜粒	照烧鸡排三明治 薯条	番茄酱培根意大利宽面 青豆	北京烤鸭卷 薯角
西餐	橙味鸭胸 西兰花 土豆泥	香肠拼盘和德国酸菜 青豆 玉米糕	红酒慢炖牛肉 烤胡萝卜 炒土豆	牛肉汉堡 玉米棒 薯角	米兰猪排 菠菜 奶油焗土豆
东南亚	牛肉丼饭 卷心菜	咖喱牛肉配米饭	植物肉担担面 四川时蔬	辣肉面 咸菜和卤蛋	印尼叻沙
中餐	猪肉煎饺 混合时蔬	辣子鸡 炒茭瓜玉米 杂粮饭	鱼香肉丝 (猪肉) 鸡毛菜 米饭	酸甜鱼 广东菜心 米饭	烤鸡腿 青菜 扬州炒饭
素食	蔬菜煎饺 混合时蔬	烤蔬菜千层面	烤蔬菜串 烤土豆	蔬菜烩豆子 (莲奴豆, 鹰嘴豆) 酿番茄配中东小米或米饭	意大利烩蔬菜配蒜香面包 无麸质可选择米饭
西餐每日例汤	番茄罗勒汤	橙味胡萝卜汤	椰香南瓜汤 每日水果 和 酸奶	京葱土豆汤	意大利蔬菜汤

** 健康意识星期三是一个新的倡议, [Z-Rou](#), 提供一种新的植物性肉类替代品, 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

Aden

Nutritional Values of Meals on the Year 7 to Year 13 Menu

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
	TOTAL			TOTAL			TOTAL		TOTAL			TOTAL		
	L			L			L		L			L	TOTAL	
Smoked Chicken Sandwich 烟熏鸡肉三明治	能量(Kcal) Energy	945	½ Pizza Margherita 玛格丽特披萨	能量(Kcal) Energy	236	Whole Wheat Ham & Cheese Sandwich全麦火腿芝士三明治	能量(Kcal) Energy	833	Beef Burrito 墨西哥牛肉卷饼	能量(Kcal) Energy	402	Roast Beef & Grilled Peppers Sandwich烤牛肉彩椒三明治	能量(Kcal) Energy	900
	蛋白质(g) Protein	38.4		蛋白质(g) Protein	14.6		蛋白质(g) Protein	24.5		蛋白质(g) Protein	25.2		蛋白质(g) Protein	30.5
	脂肪(g) Fat	42.9		脂肪(g) Fat	9.4		脂肪(g) Fat	43.3		脂肪(g) Fat	7.8		脂肪(g) Fat	39
	碳水化合物(g) Carbohydrates	101.4		碳水化合物(g) Carbohydrates	23.4		碳水化合物(g) Carbohydrates	86.5		碳水化合物(g) Carbohydrates	58.2		碳水化合物(g) Carbohydrates	106.9
	膳食纤维(g) Dietary fiber	3.5		膳食纤维(g) Dietary fiber	0.9		膳食纤维(g) Dietary fiber	3.8		膳食纤维(g) Dietary fiber	6.8		膳食纤维(g) Dietary fiber	3.8
胆固醇(mg) cholesterol	71	胆固醇(mg) cholesterol	4	胆固醇(mg) cholesterol	110	胆固醇(mg) cholesterol	15	胆固醇(mg) cholesterol	97					
Roasted Duck Breast Served with Orange Sauce 橙味鸭胸	能量(Kcal) Energy	415	Grilled Sausages & Sauerkraut 香肠拼盘和德国酸菜	能量(Kcal) Energy	1011	Burgundy Style Beef 红酒慢炖牛肉	能量(Kcal) Energy	496	Beef Burger 牛肉汉堡	能量(Kcal) Energy	533	Pork Milanese 米兰猪排	能量(Kcal) Energy	706
	蛋白质(g) Protein	30.1		蛋白质(g) Protein	48		蛋白质(g) Protein	22.6		蛋白质(g) Protein	43.5		蛋白质(g) Protein	44.1
	脂肪(g) Fat	13.5		脂肪(g) Fat	66.6		脂肪(g) Fat	30.3		脂肪(g) Fat	8.5		脂肪(g) Fat	37.7
	碳水化合物(g) Carbohydrates	43.4		碳水化合物(g) Carbohydrates	55.2		碳水化合物(g) Carbohydrates	33.3		碳水化合物(g) Carbohydrates	71.6		碳水化合物(g) Carbohydrates	47.9
	膳食纤维(g) Dietary fiber	3.2		膳食纤维(g) Dietary fiber	3.5		膳食纤维(g) Dietary fiber	3.4		膳食纤维(g) Dietary fiber	3.5		膳食纤维(g) Dietary fiber	3.2
胆固醇(mg) cholesterol	182	胆固醇(mg) cholesterol	133	胆固醇(mg) cholesterol	44	胆固醇(mg) cholesterol	126	胆固醇(mg) cholesterol	172					
Beef Donburi 牛肉丼饭	能量(Kcal) Energy	791	Beef Rendang with Rice 咖喱牛肉配米饭	能量(Kcal) Energy	806	Z-Rou Dan-dan Noodle 植物肉担担面	能量 Energy (Kcal)	460	Spicy Pork in Noodle Soup 辣肉面	能量(Kcal) Energy	942	Laksa Ayam 印尼叻沙	能量(Kcal) Energy	933
	蛋白质(g) Protein	33.5		蛋白质(g) Protein	27.9		蛋白质 Protein (g)	20		蛋白质(g) Protein	37.1		蛋白质(g) Protein	30.4
	脂肪(g) Fat	21.2		脂肪(g) Fat	30.9		脂肪 Fat (g)	15		脂肪(g) Fat	45.6		脂肪(g) Fat	22.3
	碳水化合物(g) Carbohydrates	111.6		碳水化合物(g) Carbohydrates	104.1		碳水化合物 Carbohydrates (g)	60		碳水化合物(g) Carbohydrates	96.5		碳水化合物(g) Carbohydrates	153
	膳食纤维(g) Dietary fiber	4.3		膳食纤维(g) Dietary fiber	3.3		膳食纤维(g) Dietary fiber	6		膳食纤维(g) Dietary fiber	5.6		膳食纤维(g) Dietary fiber	2.9
胆固醇(mg) cholesterol	222	胆固醇(mg) cholesterol	44	胆固醇(mg) cholesterol	0	胆固醇(mg) cholesterol	460	胆固醇(mg) cholesterol	381					
Pork Dumplings 猪肉水饺	能量(Kcal) Energy	429	Sichuan Chicken 辣子鸡	能量(Kcal) Energy	725	Yuxiang Shredded Pork 鱼香肉丝	能量(Kcal) Energy	750	Sweet & Sour Fish 酸甜鱼	能量 Energy (Kcal)	589	Roasted Chicken Leg 烤鸡腿	能量(Kcal) Energy	731
	蛋白质(g) Protein	17.5		蛋白质(g) Protein	31.4		蛋白质(g) Protein	31.7		蛋白质 Protein (g)	32.3		蛋白质(g) Protein	33
	脂肪(g) Fat	20.2		脂肪(g) Fat	6.7		脂肪(g) Fat	21.9		脂肪 Fat (g)	5		脂肪(g) Fat	20.9
	碳水化合物(g) Carbohydrates	44.7		碳水化合物(g) Carbohydrates	135.9		碳水化合物(g) Carbohydrates	107.3		碳水化合物 Carbohydrates (g)	104.9		碳水化合物(g) Carbohydrates	103
	膳食纤维(g) Dietary fiber	3.3		膳食纤维(g) Dietary fiber	7.9		膳食纤维(g) Dietary fiber	5.1		膳食纤维(g) Dietary fiber	5.5		膳食纤维(g) Dietary fiber	2.6
胆固醇(mg) cholesterol	40	胆固醇(mg) cholesterol	57	胆固醇(mg) cholesterol	165	胆固醇(mg) cholesterol	199	胆固醇(mg) cholesterol	373					
Vegetable Dumplings 蔬菜水饺	能量(Kcal) Energy	295	Vegetable Lasagna 烤蔬菜干层面	能量(Kcal) Energy	631	Grilled Vegetable Skewers 烤蔬菜串	能量(Kcal) Energy	439	Roasted Tomatoes stuffed 蔬菜烩豆子	能量(Kcal) Energy	684	Ratatouille with Garlic Bread 意大利烩蔬菜配蒜香面包	能量(Kcal) Energy	404
	蛋白质(g) Protein	16.9		蛋白质(g) Protein	26.7		蛋白质(g) Protein	7		蛋白质(g) Protein	26.9		蛋白质(g) Protein	15
	脂肪(g) Fat	5.4		脂肪(g) Fat	11		脂肪(g) Fat	31.7		脂肪(g) Fat	5.6		脂肪(g) Fat	2.2
	碳水化合物(g) Carbohydrates	45		碳水化合物(g) Carbohydrates	106.1		碳水化合物(g) Carbohydrates	31.7		碳水化合物(g) Carbohydrates	131.8		碳水化合物(g) Carbohydrates	81.2
	膳食纤维(g) Dietary fiber	3.8		膳食纤维(g) Dietary fiber	3.5		膳食纤维(g) Dietary fiber	5.5		膳食纤维(g) Dietary fiber	9.4		膳食纤维(g) Dietary fiber	4.1
胆固醇(mg) cholesterol	234	胆固醇(mg) cholesterol	4	胆固醇(mg) cholesterol	0	胆固醇(mg) cholesterol	0	胆固醇(mg) cholesterol	0					