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<https://shanghai-puxi.dulwich.org>

*Delicious Lessons for Life!*

人生的美味课程



**“Food to me is always about cooking and eating with those you love and care for.”**  
David Chang, American Chef

We were delighted to host the official opening of our teaching kitchen this week. It was a delicious occasion and I enjoyed the opportunity to cook two of my favorite recipes, pesto salmon and steamed pudding for class parent representatives and FOD leaders to enjoy. Shanghai's most loved expat chef, Mr Craig Willis (Mr Willis, Bang, Henkes, Pelikan and the Wagas group restaurants) officially opened the

kitchen and then cooked delicious carrot cakes with Year 4 students. Mr Willis spoke to the group about food being at the heart of community and friendship. He also shared his own creative journey with food, and how we should **never give up on a dream - don't be afraid to make that phone call, to introduce yourself, to ask for an opportunity in life. Fortune favours the bold!**

Our sincere thanks for Mr Willis for his time and care with our students. Also, a special thank you to Epermarket, Shanghai's online grocer who provided delicious event catering, and will be our ingredients partner for all future student cooking lessons, moving forward.

All students in the Junior and Senior school will use the teaching kitchen on a regular basis, learning to prepare healthy and nutritious meals for themselves, as well as cleaning up and keeping workspaces safe and tidy. These are valuable life skills that our students will need when they eventually leave home to attend top universities around the world. Two minute noodles will not be nutritious enough for the healthy and capable chefs-in-training at Dulwich College Puxi!

**食物对我来说总是关乎与我爱和关心的人一起做饭吃饭。David Chang 美国厨师**

我们很高兴学校的厨艺教室本周正式启用。那是一个充满美味的场合并且我有幸借此机会做了两道我最喜欢的菜肴青酱三文鱼和蒸布丁给班级家长代表和德威之友委员一起享用。上海最受欢迎的外籍厨师 Mr Craig Willis (Mr Willis, Bang, Henkes, Pelikan 和 the Wagas 餐饮集团)主持厨房开幕仪式并和四年级学生们一起做了美味的胡萝卜蛋糕。Mr Willis 对大家提到食物是团结和友谊的核心。他还分享了自己与食物的创意之旅，**并且我们永远不要放弃梦想，不要害怕去打电话，去介绍你自己，去抓住生活中的机会。财富总偏爱无畏的人！**

我们真诚地感谢 Mr Willis 所付出的时间和对学生们的关爱。还要特别感谢 Epermarket，上海的网上食品供应商，他们会提供美味的活动餐饮服务，并且是我们未来学生厨艺课的配料合作商。所有的小学和中学生将定期使用厨艺教室，学做健康和营养的饭菜，也要学习清理和保持操作间的安全和整洁。这些宝贵的生活技能将在他们离家进入全球顶尖大学时大派用场。两分钟煮个面对于德威浦西培养的既健康又有能力的小厨师来说，营养绝对不够！

David Ingram  
Headmaster

*Celebrating Learning Across the College this week*

**本周全校一起庆祝学习成果**

**'Tell me and I will forget. Teach me and I will remember. Involve me and I will learn'**

Chinese proverb

At Dulwich College Puxi we go out of our way to make each child's learning experience purposeful, personalised and meaningful. Teachers delight in planning a creative curriculum which enables the children to be active learners who have a clear voice and choice in what and how they learn. We are incredibly proud of the passionate learning and intelligent reflection that our students shared with parents and teachers at their Topic Ending Celebrations this week.

“告诉我，我就会忘记。教导我，我就会记住。让我参与，我就会学习。”中国谚语

德威浦西校区，我们竭尽全力让每个孩子经历有目的、个性化和有意义的学习。教师乐于设计一个创造性的课程，使孩子们成为积极的学习者，对学习内容和如何学习有着一个清晰明确的想法。我们为学生们在本周主题课庆祝活动中与家长和老师分享着充满热情的学习和睿智的反思感到无比自豪。

Sarah Leonard  
Assistant Head of Primary School | Primary STEAM Lead



**‘To plant a garden is to believe in tomorrow’ – Audrey Hepburn**

Gardening is widely recognised as having numerous wellbeing benefits. Spending time in the garden keeps us physically and mentally fit. It allows us to be creative, and scientific at the same time. And of course, it is hard to quantify the impact of nurturing something to life, from the tiniest seed to the tallest tree. In the UK, many physicians are now prescribing gardening over anti-depressants to treat patients – humans are designed to be connected to the earth. In the Early Years, getting in to the garden is a great way to promote early childhood developmental goals. It develops both gross and fine motor skills through lifting, transporting and planting. When children observe changes in a garden over time, or have opportunities to eat what they grow, they develop their knowledge and understanding of the world. Most importantly, they learn the value of working together, patiently and diligently, to create something simply wonderful.



Over the next few weeks, children and staff in the Early Years will be getting ready to garden. Miss Burr will be leading our gardening project across DUCKs as part of the Dulwich Service and Sustainability curriculum. Through the promotion of gardening, we are beginning to develop our children’s understanding of global citizenship. Philosopher and educator David Sobel says – ‘If we want children to flourish, to become truly empowered, then let us allow them to love the earth before we ask them to save it’. We hope that our gardening programme will teach our children to love the earth, so that they will feel compelled as adults to save it.

We would love as many parents as possible to help us with our gardening project. Please do donate any old gardening tools or pots that you might have. If you have some spare time to donate – we would love to garden with you! We are looking forward to growing things together.

**种植花园就是相信明天”——奥黛丽·赫本**

园艺被广泛认为有许多好处。花时间在花园里使我们身心健康。它让我们既具有创造性，又具有科学性。当然，从最小的种子到最高的树，培育生命的影响是很难量化的。在英国，许多医生现在治疗病人开的处方是园艺任务而不是抗抑郁药——人类本来就是与地球息息相关的。

在幼儿时期，到花园里去是促进幼儿发展目标的一个很好的方法。它通过提升、运输和种植来培养孩子的大小运动技能。当孩子们观察花园的变化，或有机会吃他们种植的东西，这样也会发展他们对世界的认知和理解。更重要的是，他们学会了一起工作的价值，耐心和用功，就是位置创造一些简单而美好的事物。

在接下来的几周，幼儿园的员工和学生将准备好花园。Ms Burr 将带领 DUCKS 的园艺项目，以支持德威浦西的服务和可持续发展课程。通过推广园艺，我们开始培养孩子们对全球公民的理解。哲学家兼教育家大卫·索贝尔说：“如果我们想让孩子茁壮成长，变得真正有能力，那么在要求他们拯救地球前，应该先让他们爱护地球”我们希望透过园艺计划能教会孩子们爱护地球，这样他们长大后就会感到拯救地球的必要性。

我们希望有更多家长帮助我们的园艺工作。欢迎捐赠一些旧的园艺工具或花盆。如果您有空余时间，欢迎来校与我们一起种植！我们期待看到种植的成果。

**Don't forget next week: BOOK WEEK!**

Next Monday - Thursday, all Early Years students can arrive in class from 7:50am for "Rise and Shine Reading" - teachers will serve light breakfast snacks and read stories to start the day.

**A BIG THANK YOU to our FRIENDS OF DULWICH for providing this for our Early Years students!!!**

Next Friday, Book Week Dress Up celebrations for Toddler will be in the Toddler area. Nursery, Reception, and Year 1 should all go to the theatre at 8:30. All parents are welcome! Early Years students can dress at a nursery rhyme.

Next Friday is also Book Swap Day so bring your child's old books that she/he doesn't read anymore and find some to swap during our Recycle Book Swap day.

别忘了下周:图书周!

下周一至周四, 幼儿园可以于早上 7:50 分到达教室参与“早上读起来”, 老师将为孩子提供点心并以故事来展开新一天。

**感谢德威之友为幼儿园学生们提供食物。**

星期一诗人哈利·贝克将于剧院为三年級以上的学生演出, 欢迎所有家长参加

星期五:别忘了搞造型 : 幼儿园是童谣主题, 一至五年級是诗歌主题!

欢迎家长参加以下庆祝活动:

8:30am : 托班教室庆祝活动

8:30am : 小班, 中班, 一年級剧院庆祝活动

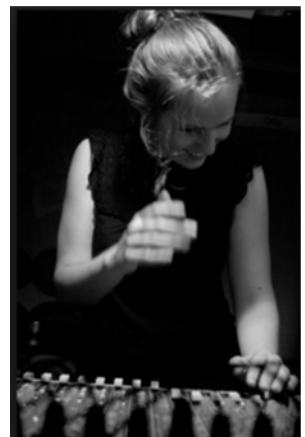
## *Event Sign Ups:*

## 活动报名

Saturday 16th March, 10:00am - 2.00pm.

Year 6 – Year 9 students

Dulwich Puxi is delighted to welcome artist and international sound engineer, Úna Monaghan to the College in March. Úna is a harper, composer, and sound artist from Belfast, Ireland. Her recent work has combined traditional music with bronze sculpture, sound art and movement sensors. Her compositions have been presented on BBC and RTÉ television and radio, in theatre productions, and at international festivals and conferences, such as the International Computer Music Conference, York Festival of Ideas, and Belfast Festival at Queen's. She is currently the Rosamund Harding Research Fellow in Music at Newnham College, University of Cambridge, UK. On Saturday 16th March, Úna will be delivering a workshop aimed at KS3 students (Year 6 – Year 9) from 10:00am - 2.00pm. This workshop will introduce students to the art and science of creating, recording and editing sound. They will get hands-on experience of mixing sound and learning



the skills of a sound engineer. Please scan the QR code below to register your child:

声音工程工作坊 6-9年级学生

上海德威浦西有幸迎来和国际声音工程师艺术家Úna Monaghan在3月份来到本校。 Úna来自爱尔兰贝尔法斯特的竖琴家,作曲家和声音艺术家。她最近完成了把传统音乐与青铜雕塑、声音艺术和动态传感相结合的作品。她的作品曾在英国广播公司和RTE电视广播、在剧院,国际艺术节和大型会议如:国际计算机会议,约克思想节和在皇后区。的贝尔法斯特节等。她目前是英国剑桥大学纽纳姆学院音乐系的萨蒙德·哈丁研究员。 3月16日星期六上午十时至下午二时,Una将为KS3学生举办工作坊。这个工作坊将向学生介绍创造、录音和编辑声音的艺术和科学。他们将有混合声音的实际经验,并学习声音工程师的技能。对于学生来说,这是一个以创新形式探索艺术的绝佳机会。请扫上方的二维码报名参加。



Year 3 – Year 8 students

Friday 17th May - Sunday 19th May

Cost: 800RMB per student for 3 days

Dulwich College Shanghai Puxi is proud to host the 2019 Dulwich College International ECO EXPLORER CAMP for Junior and Senior Students on 17-19 May.

The camp will start on Friday afternoon at 4PM and finish on Sunday morning at 10AM. Students and

camp leaders will enjoy camping outside under the stars on the pitch for 2 nights. During the days, they will have the opportunity to participate together in a wide range of sustainability workshops and student led activities. Linked to the 2030 UN Goals, the camp's workshops will be designed to increase awareness of sustainability, causal effects and environmental solutions, ranging from chemistry to solar energy, recycling to farming. Eco Camp is an active 3 days and students have loved their previous camp experiences! Register your child below please:

<https://dulwichshanghaiminhang.mikecrm.com/uOMKMc7>



三到八年级的学生

日期:5月17日星期五-5月19日星期日

费用: 800元/人3天, 直接到学校财务处付款。

请注意每个年级都有限名额。

上海德威浦西校区将于5月17日至19日举办2019年德威国际生态探索营。生态营将于周五下午4点开始, 周日上午10点结束。学生和生态营老师将享受在星空下露营两晚的乐趣。在活动中, 学生将有机会参与各种各样的可持续发展研讨会和学生主导的活动。与2030年联合国目标一致, 生态营旨在提高人们对可持续性、因果效应和环境解决方案的认识, 这些解决方案涉及化学、太阳能、农业循环利用等领域。生态营是一个充满行动的三天, 之前参与过的学生都非常喜欢! 我们期待着欢迎生态探索者们来到上海德威浦西校区一起参与本年度的生态营。请扫描以下二维码为孩子登记:



*COUNSELLOR'S CORNER* by Mr Zarate

Mr Zarate 辅导老师资讯

Dear Parents,

It is important to acknowledge that most parents would love a deeper insight into their student's school life, however parents notoriously get stuck on questions to ask, other than "How was school today?" Teachers/ Counsellors can help parents overcome this challenge by recommending open-ended questions. For instance, parents should **try using "WH" questions: why, what, who or where questions.** This will help you as parents to motivate your student to go beyond dry facts and think more deeply. Instead of asking: "Did you like your class today?" try asking: "What was your favourite part of your class? What was the most interesting/ the hardest task today?"

Let's try something new this week and see if your relationship becomes stronger.

亲爱的家长,



无可否认大多数家长都希望对学校的学校生活有更深入的了解，但家长们总是除了“今天上课如何？”这样笼统的问题外没法想到其他更好的话题。老师和辅导老师们可以通过推荐开放式问题来帮助家长克服这一挑战。例如，父母应该尝试使用“WH”问题:为什么？什么？谁或在哪里的的问题方式。这将帮助你激励孩子跃过枯燥的日常事，更深入地思考。下次不要问“你喜欢今天的课吗？”试着问:“你最喜欢课里的那部分？”今天最有趣/最难的任务是什么？

这周试试新的沟通方法，看看你们的关系是否会变得更紧密。

## CALENDAR EVENTS:

## 活动日历

### Don't forget next week: BOOK WEEK!

**Monday:** All parents are welcome to join Year 3 and up for Harry Baker at 8:30am in the theatre

**Friday:** Don't forget to dress up – Early Years as nursery rhymes and Y1 - Y5 as a poem!

Parents are welcome to join the following celebrations:

- Year 2 - Year 4 performances in the Year 2 shared space at 8:30am
- Year 5 - Year 9 performances in the theatre at 9:15am

Sustainable Recycled Books... if you have books at home that your child no longer reads, please bring these to school for book swap which will happen on Friday

别忘了下周:图书周!

星期一: 诗人哈利·贝克将于剧院为三年级以上的学生演出，欢迎所有家长参加

星期五:别忘了搞造型：幼儿园是童谣主题，一至五年级是诗歌主题!

欢迎家长参加以下庆祝活动:

8:30am：二年级-四年级于二年级室内公共区演出

9:15am：五至九年级剧院演出

### Dulwich welcomes America's Oldest Collegiate A Cappella Group: the YALE Whiffenpoofs.

Every year, the most talented senior Yale students are selected to be in the Whiffenpoofs, the world's oldest and best known collegiate a cappella

group. Founded in 1909, the group has become one of Yale's most celebrated traditions, with over a century of musical excellence. The Whiffenpoofs are coming to talk to Senior School students about life and study at YALE University on Tuesday 5th March. They will then do a performance to the school community from 2.45pm. All parents are welcome.





德威浦西迎来美国历史最悠久的大学——卡普拉唱团体:耶鲁 Whiffenpoofs。  
 每年，最具天赋的耶鲁大四学生都会被选入世界上历史最悠久、最知名的无伴奏合唱团 Whiffenpoofs。这个团体成立于 1909 年，是耶鲁最著名的传统之一，拥有超过一个世纪的音乐成就。  
 Whiffenpoofs 将于 **3 月 5 日星期二(第五/六节课)** 与中学生们分享大学生活。他们将在下午 2 点 45 分为学校演出。欢迎所有家长。

| Event Name<br>内容   | Date & Time<br>日期时间            | Location<br>地点                    | Facilitator                           | Suitable for:   |
|--|--------------------------------|-----------------------------------|---------------------------------------|---|
| Year 2 Coffee Morning<br>二年级咖啡早会   | 27 Feb<br>2 月 27 日             | 3/F Seminar Room<br>三楼研讨室         | Christine Haslett                     | Year 2 parents<br>二年级家长                                   |
| Year 9 PTCs<br>9 年级家长会   | 1 March<br>3 月 1 日             | Senior School classrooms<br>中学部教室 | All Senior School teachers<br>所有中学部教师 | All Year 9 students and parents together<br>所有 9 年级家长和 学生 |
| Workshop: What can the school library do for you?<br>家长工作坊: 学校图书馆如何帮助你?                          | 1 March<br>3 月 1 日             | JS Library<br>小学部图书馆              | Michelle Jensen<br>Sherrie Wang       | All parents<br>所有家长                                       |
| Workshop: The value of art in Education<br>家长工作坊: 艺术课在教育课程的价值                                    | Date TBC                       | IB Common Room<br>IB 工作室          | Charlotte Sneath                      | Year 6 – 9 parents<br>6–9 年级家长                            |
| The YALE Whiffenpoofs will perform to the school community<br>耶鲁 Whiffenpoofs 来校演出               | 5 March<br>3 月 5 日<br>2:45pm   | Theatre<br>剧院                     | Jonathan Haslett                      | All parents<br>所有家长                                       |
| Year 3 Coffee Morning<br>三年级咖啡早会   | 6 March<br>3 月 6 日<br>8:30am   | 3/F Seminar Room<br>三楼研讨室         | Christine Haslett                     | Year 3 parents<br>三年级家长                                   |
| Year 6 & 7 Coffee Morning<br>四年级咖啡早会   | 8 March<br>3 月 8 日<br>8:30am   | 3/F Seminar Room<br>三楼研讨室         | Christine Haslett                     | Year 4 parents<br>四年级家长                                   |
| Year 4 Coffee Morning<br>四年级咖啡早会   | 13 March<br>3 月 13 日<br>8:30am | 3/F Seminar Room<br>三楼研讨室         | Christine Haslett                     | Year 4 parents<br>四年级家长                                   |
| Workshop: Women in Leadership – working in male dominated industries<br>家长工作坊: 女性领导者 – 在男性为主导的行业 | 15 March<br>3 月 15 日           | Black Box<br>黑盒子剧院                | Una Monaghan                          | All parents<br>所有家长                                       |






|  |                                |                           |                   |                                    |
|--|--------------------------------|---------------------------|-------------------|------------------------------------|
| Year 5 Coffee Morning<br>五年级咖啡早会   | 20 March<br>3月20日<br>8:30am    | 3/F Seminar Room<br>三楼研讨室 | Christine Haslett | Year 5 parents<br>五年级家长            |
| Year 8+Year 9 Coffee Morning<br>8-9 年级咖啡早会   | 22 March 3<br>月 22 日<br>8:30am | IB Common Room<br>IB 工作室  | Kelly King        | Year 8-9 parents<br>8—9 年级家长       |
| Workshop: The Environment as the Third Teacher<br>家长工作坊：环境教育— 第三名老师  | 22 March<br>3月22日              | 3/F Seminar Room<br>三楼研讨室 | Lauren Marsh      | JS Parents<br>小学部家长                |
| Workshop: Learning Through Landscapes and 100 things to do before you are 11 and ¾ years old<br>家长工作坊：透过风景学习和在你 11 ¾之前要做的 100 件事 | 29 March<br>3月29日              | 3/F Seminar Room<br>三楼研讨室 | Annaleise Burr    | DUCKS & JS Parents<br>DUCKS 和小学部家长 |

### *College Catering Update*






### 学校餐饮通知

On 6 and 7 March, 5 catering vendors will present to the Dulwich Food Committee – 10 parents representatives from DUCKS, Junior School, Senior School, together with Senior School students and members of the College Leadership team, as well as Dehong representatives. A full evaluation will be done after the 2 days of presentations to determine a short list. We will then go and inspect other venues where the caterers operate before deciding on the new catering vendor for Dulwich Puxi.

3月6日和7日，将有5个餐饮供应商为德威的食物委员会提案—来自 DUCKS、小学部、中学部的 10 名家长代表，加上中学生，学校领导团，以及德闰的代表组成委员会。完整的评估将在这两天的提案后完成，以确定入选名单。在决定德威浦西新的餐饮供应商之前，我们还将检查他们的运营的场所。指定的餐饮供应商将在暑假开始准备并在新学期正式运作。

|   | MONDAY 25  | TUESDAY 26   | WEDNESDAY 27  | THURSDAY 28                           | FRIDAY 01   |
|---|--|--|---|---------------------------------------|---|
|                  | 培根番茄酱通心粉<br>Penne<br>Amatriciana                         | 奶油罗勒鸡肉意面<br>Chicken Pasta                          | 热狗<br>Hot Dog   | 肉酱意面<br>Pasta Bolognese               | 香肠菌菇披萨<br>Sausage &<br>Mushroom Pizza               |
|   | 西葫芦胡萝卜<br>Sautéed Zucchini<br>& Carrot                   | 胡萝卜玉米粒花菜<br>Sautéed Corn &<br>Carrot & Cauliflower | 花菜西兰花/椒盐土豆<br>Sautéed Cauliflower<br>Broccoli/Salt &<br>Pepper Potatoes | 混合蔬菜<br>Mixed Vegetable               | 芝士披萨<br>Cheese Pizza                                |
|                 | 红烧狮子头<br>Braised Meat Ball                               | 回锅肉<br>Sichuan Style<br>Flavored Pork              | 香菇滑鸡<br>Chicken with<br>Mushroom  | 香酥鸭块<br>Crispy Diced Duck             | 萝卜焖五花肉<br>Braised Radish &<br>Pork                  |
|   | 杭白菜<br>Chinese Cabbage                                   | 青菜<br>Bokchoy                                      | 手撕卷心菜<br>Cabbage  | 大白菜<br>Chinese Cabbage                | 油麦菜<br>Leaf Lettuce                                 |
|   | 白米饭<br>Steamed Rice                                      | 杂粮米饭<br>Multigrain Rice                            | 白米饭<br>Steamed Rice   | 杂粮米饭<br>Multigrain Rice               | 白米饭<br>Steamed Rice                                 |
|                | 鱼香豆腐<br>Yu Xiang Tofu                                    | 地三鲜<br>Stir-fried Seasonal<br>Vegetables           | 蔬菜意面<br>Veggie Pasta  | 咖喱蔬菜<br>Veggie Curry                  | 茄子番茄罗勒意面<br>Eggplant & Basil<br>Pasta               |
|                | 胡萝卜汤<br>Carrot Soup                                      | 南瓜汤<br>Pumpkin Soup                                | 番茄鸡蛋汤<br>Tomato & Egg Soup  | 罗宋汤<br>Borsch                         | 豆腐羹<br>Egg & Tofu Soup                              |
| Dessert & Salad   | Daily Dessert, Daily Fruits & Salad bar                  |  |   |                                       |   |
|                | 桔子/奶黄包<br>Tangerine/<br>Steamed<br>Creamy Custard<br>Bun | 苹果/黑米糕<br>Apple / Black Rice<br>Cake               | 香蕉/迷你麦芬<br>Banana/Mini Muffin   | 小番茄/烧麦<br>Cherry Tomato /<br>Shao Mai | 梨/香菇芥菜包<br>Pear/Veggie &<br>Mushroom<br>Steamed Bun |
| Nutritional reading over the week 一周营养分析  |  |  |   |                                       |   |
| White Meat 白肉 10% Red Meat 红肉 20% Aquatics 鱼虾 6% Starch 淀粉 20% Vegetables 蔬菜 42% Deep Fried 油炸 2% |  |  |   |                                       |   |



|   | MONDAY 25  | TUESDAY 26   | WEDNESDAY 27  | THURSDAY 28                           | FRIDAY 01  |
|---|--|--|---|---------------------------------------|--|
|                  | 培根番茄酱通心粉<br>Penne<br>Amatriciana                         | 奶油罗勒鸡肉意面<br>Chicken Pasta                          | 热狗<br>Hot Dog   | 肉酱意面<br>Pasta Bolognese               | 香肠菌菇披萨<br>Sausage &<br>Mushroom Pizza                |
|   | 西葫芦胡萝卜<br>Sautéed Zucchini<br>& Carrot                   | 胡萝卜玉米粒花菜<br>Sautéed Corn &<br>Carrot & Cauliflower | 花菜西兰花/椒盐土豆<br>Sautéed Cauliflower<br>Broccoli/Salt &<br>Pepper Potatoes | 混合蔬菜<br>Mixed Vegetable               | 芝士披萨<br>Cheese Pizza                                 |
|                 | 红烧狮子头<br>Braised Meat Ball                               | 回锅肉<br>Sichuan Style<br>Flavored Pork              | 香菇滑鸡<br>Chicken with<br>Mushroom  | 香酥鸭块<br>Crispy Diced Duck             | 萝卜焖五花肉<br>Braised Radish &<br>Pork                   |
|   | 杭白菜<br>Chinese Cabbage                                   | 青菜<br>Bokchoy                                      | 手撕卷心菜<br>Cabbage  | 大白菜<br>Chinese Cabbage                | 油麦菜<br>Leaf Lettuce                                  |
|   | 白米饭<br>Steamed Rice                                      | 杂粮米饭<br>Multigrain Rice                            | 白米饭<br>Steamed Rice   | 杂粮米饭<br>Multigrain Rice               | 白米饭<br>Steamed Rice                                  |
|                | 鱼香豆腐<br>Yu Xiang Tofu                                    | 地三鲜<br>Stir-fried Seasonal<br>Vegetables           | 蔬菜意面<br>Veggie Pasta  | 咖喱蔬菜<br>Veggie Curry                  | 茄子番茄罗勒意面<br>Eggplant & Basil<br>Pasta                |
|                | 胡萝卜汤<br>Carrot Soup                                      | 南瓜汤<br>Pumpkin Soup                                | 番茄鸡蛋汤<br>Tomato & Egg Soup  | 罗宋汤<br>Borsch                         | 豆腐羹<br>Egg & Tofu Soup                               |
| Dessert &<br>Salad  | Daily Dessert, Daily Fruits & Salad bar                  |  |   |                                       |  |
|                | 桔子/奶黄包<br>Tangerine/<br>Steamed<br>Creamy Custard<br>Bun | 苹果/黑米糕<br>Apple / Black Rice<br>Cake               | 香蕉/迷你麦芬<br>Banana/Mini Muffin   | 小番茄/烧麦<br>Cherry Tomato /<br>Shao Mai | 梨/香菇荠菜包<br>Pear/ Veggie &<br>Mushroom<br>Steamed Bun |
| Nutritional reading over the week 一周营养分析  |  |  |   |                                       |  |
| White Meat 白肉 10% Red Meat 红肉 20% Aquatics 鱼虾 6% Starch 淀粉 20% Vegetables 蔬菜 42% Deep Fried 油炸 2% |  |  |   |                                       |  |

