

Counter 柜台	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
			PIZZA DAY		BURGER DAY
Week 24	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
Set Menu	肉酱意面 Bolognese Pasta 	茄汁鱼排 Fish Fillet in Tomato Sauce  	夏威夷披萨 Hawaii Pizza  	牛肉干层面 Beef Lasagna  	牛肉芝士汉堡 Beef Cheese Burger  
	西兰花 Broccoli 	烤时蔬 Roasted Vegetables 	玉米 Corn	黄油花椰菜 Butter Cauliflower 	薯条 Fries 
	杏鲍菇牛柳 Beef Tenderloin with King Oyster Mushroom 	肉饼蒸蛋 Steamed Minced Pork with Egg Yolk  	西红柿炒鸡蛋 Scramble Egg with Tomato  	宫保鸡丁 Kung Pao Chicken 	香酥鸭 Crispy Duck 
	芹菜香干 Celery & Dry Bean curd 	白灼大白菜 Sautéed Chinese Cabbage 	清炒杭白菜 Sautéed Chinese Cabbage 	清炒香菇菜心 Sautéed Mushroom & Choy Sum 	清炒卷心菜 Sautéed Cabbage 
	米饭 Steamed Rice	素炒面 Vegetarian Fried Noodles 	米饭 Steamed Rice	紫米饭 Steamed Purple Rice	米饭 Steamed Rice
	原味蛋糕 Plain Cake  	巧克力蛋糕 Chocolate Cake  	柠檬蛋糕 Lemon Cake  	南瓜蛋糕 Pumpkin Cake  	橙子蛋糕 Orange  
	香蕉/健康蔬菜 Banana/Healthy Vegetable	梨子/健康蔬菜 Pear//Healthy Vegetable	哈密瓜/健康蔬菜 Honey Melon/Healthy Vegetable	香蕉/健康蔬菜 Banana/Healthy Vegetable	火龙果/健康蔬菜 Dragon Fruit/Healthy Vegetable
	Drink 饮品	Milk/Yogurt/Juice/Soy Milk 牛奶/酸奶/果汁/豆奶			

## EC Daily Main Nutritional Data

<b>MON</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	Nutritional Data	429.7	16.9	19.3	47.1	2.4	424
<b>TUE</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	Nutritional Data	398.2	20.7	18.6	37	2.2	374
<b>WED</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	Nutritional Data	439.7	16.9	19.3	47.1	2.4	424
<b>THU</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	Nutritional Data	397.2	20.7	18.6	37	2.2	374
<b>FRI</b>	<b>Menu&amp;Nutrient Element</b>	<b>Energy(Kcal)</b>	<b>Protein(g)</b>	<b>Fat(g)</b>	<b>Carb(g)</b>	<b>Fiber(g)</b>	<b>Sodium(mg)</b>
	Nutritional Data	412.1	11.6	23.3	41.5	2.5	376