NOV 11 – NOV 15

Weekly Menu

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Weekly Menu



Nutrition Information (per 100g)	Energy (kcal)	Protein (g)	Fat (g)	Energy (kcal)	Protein (g)	Fat (g)	Energy (kcal)	Protein (g)	Fat (g)	Energy (kcal)	Protein (g)	Fat (g)	Energy (kcal)	Protein (g)	Fat (g)
Social Kitchen															
Meal A	Fried Rice w/ Minced Beef & Lettuce			Spaghetti Bolognaise			Braised Pork Rib in Black Vinegar w/ Rice			Thai Green Chicken Curry w/ Rice OR Garlic Bread			Karaage Tori w/ French Fries		
	154	7	5	166	8	6	252	15	18	255	10	12	289	12	19
Meal B	Brown Chicken Stew w/ Pasta OR Rice			Stir-fried Chicken w/ Bell Pepper & Rice in Black Bean Sauce			Baked Fish Fillet w/ Rice OR Linguini in Portuguese Sauce			Braised Pork Chop w/ Tomato & Onion, Rice			Pork Shogayaki w/ Rice		
	162	16	7	201	15	7	259	8	8	261	20	15	254	10	8
Meal C	Macaroni w/ Trio Tomato Sauce			Omni-Meat Mapo Tofu w/ Rice			Saag Paneer Curry w/ Rice			Mexican Mixed Bean Stew w/ Pasta OR Rice			Teriyaki Tamago Tofu w/ Rice		
	147	5	4	223	12	10	224	10	15	194	10	5	205	10	8
Bowl															
Bowl	Japanese Pork Curry Rice			Tteok-Bokki			Pho Thap Cam			Chicken Laksa			Japanese Stir-fried u-don w/ Seafood		
	185	10	8	155	3	4	156	8	5	233	14	10	251	12	10
Leo's Café															
Salad Box	Smoked Salmon Caesar			Japanese Cold u-don w/ Shredded Chicken in Sesame Dressing			Mediterranean Chopped Salad			Potato Salad w/ Chicken in Thousand Island Dressing			Thai Beef Salad w/ Sweet & Sour Dressing		
	158	8	10	132	6	6	120	4	8	213	8	15	187	14	8

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Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices

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