

June Lunch Menu

HIS



All photos are for reference only

Weekly Lunch Menu

Monday-Chicken

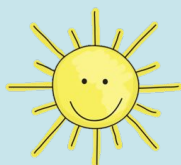
Tuesday-Beef

Wednesday-Chicken

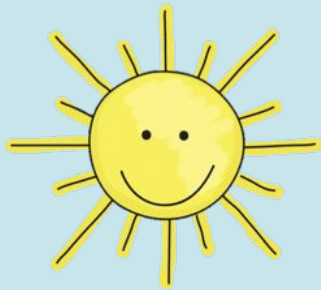
Thursday-Fish

Friday-Pork

Enjoy Your Lunch.



**For enquiries
please contact us**
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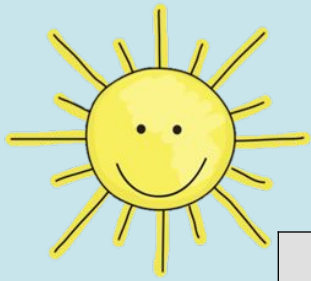


menu



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	June 19	June 20	June 21	June 22	June 23
MAIN COURSE	Roasted Chicken	Black Pepper Beef	Chicken Finger	Bacon Wrapped Tilapia	Chinese BBQ Pork
STAPLE FOOD	Mashed Potato	Egg Fried Rice	Spaghetti with Creamy Tomato Sauce	Brown Rice with Lentils	Stir-Fried Thai Noodle
VEGETABLES	Sauteed Broccoli & Cauliflower	Sauteed Mixed Vegetables	Corn on the Cob	Steamed Carrots, Peas & Corns	Sauteed Chinese Vegetables with Mushroom
SANDWICH BAR & SPECIALTIES	Sandwich Bar-Egg Salad Cheese Bread	Sandwich Bar-Turkey Corn Chips with Tomato Salsa	Sandwich Bar-Bacon Steamed Vegetable Bun	Sandwich Bar-Ham Chicken Quesadilla	Sandwich Bar-Tuna Salad Bell Pepper Olive Pizza
VEGETARIAN DISH (on request)	Roasted Vegetables	Black Pepper Vegetables	Fried Vegetable Stick	Vegetable Quesadilla	BBQ Vegetables
SALAD	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
DRINKS	Milk, Yogurt, Apple Juice, Orange Juice, Peach Juice	Milk, Fruit Yogurt, Apple Juice, Orange Juice, Grape Juice	Milk, Yogurt, Apple Juice, Orange Juice, Lemonade	Milk, Fruit Yogurt, Apple Juice, Orange Juice, Peach Juice	Milk, Yogurt, Apple Juice, Orange Juice, Grape Juice
FRUITS	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits



nutrition facts



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Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Fat (g)	Carbo (g)	Protein (g)	Sodium (mg)	Sugar (g)
Roasted Chicken	423	32.1	1.2	30.9	662	0.7
Black Pepper Beef	230	9	21	17	800	4
Chicken Finger	180	5	18	16	430	6
Bacon Wrapped Tilapia	309	18.3	5.7	27.7	541	2
Chinese BBQ Pork	483	43.8	53.5	2250	8.9	48.2
Mashed Potato	226	6	36	237	7	0
Egg Fried Rice	145	4.9	24.6	848	2.7	1.7
Spaghetti with Creamy Tomato Sauce	182	1.7	6.7	270	16.6	3.7
Brown Rice with Lentils	350	4.6	53.2	22	6.6	3.4
Stir-Fried Thai Noodle	210	1	46	3	20	0
Sauteed Broccoli & Cauliflower	35	1.7	8.1	497	0.3	0.7
Corn on the Cob	123	4.6	27.7	21	1.7	4.6
Steamed Carrots, Peas & Corns	139	5.6	22.9	223	2.7	2.7
Sauteed Chinese Vegetables with Mushroom	71	2.9	9.8	240	3.2	4.7