

(2024) Weekly Menu Beginning October 21st to October 25th

	MONDAY 10-21	TUESDAY 10-22	WEDNESDAY 10-23	THURSDAY 10-24	FRIDAY 10-25
Morning snack	Yogurts	Cake	Banana	Fruit	Apple
Daily Soup	Creamy pumpkin soup ※O	Bacon potato soup ※O	Creamy chicken & wild rice soup ※O△	Mixed vegetables soup ※△	Creamy broccoli soup ※O
Western Main Dish	Spaghetti beef Bolognese ※☆	Roast pork with apple O	Fish Milanese ※O☆ #	Beef frittata O☆	Cheese beef burger ※O☆
Asian Main Dish	Marinated chicken ※△	Sa cha beef ※△	Yakitori (Chicken) ※△	Wok-fried shredded pork with leek ※△☆	Chicken gel gel pot ※△
Vegetable Options	Broccoli & Carrot	Lettuce & Zucchini	Choy sum & Daikon ※△	Mixed mushrooms O & Cabbage	Guangdong cabbage & Sweet peas △
Starch (Carbohydrate)	Steamed rice or Roast sweet potatoes O	Steamed black rice△ or New potatoes O	Steamed rice or Baked potatoes ※O	Egg fried rice or lyonnaise potatoes	Steamed rice or French fries ※
Vegetarian	Green asparagus risotto O	Garlic eggplant pasta ※O☆ Focaccia ※O☆	Ratatouille ※ Garlic bread ※O☆	Fried rice with curry & chickpeas ※O△	Thai fried mixed vegetables ※O△ Thai fragrant rice
Afternoon snack	Banana	Fruit	Yogurts	Cake	Bread
Others	Daily Choice Between Yogurt and Fruit Selection				

OUR HEALTHY EATING KEY

※O Gluten Content 面粉 | △Legumes Product 豆类 | O Dairy Product 牛奶 | # Shell Fish & Seafood 鱼&海鲜 | ☆ Eggs Product 鸡蛋

