

(2024) Weekly Menu Beginning October 28th to November 1st

	MONDAY 10-28	TUESDAY 10-29	WEDNESDAY 10-30	THURSDAY 10-31	FRIDAY 11-1
Morning snack	Yogurts	Cake	Banana	Fruit	Apple
Daily Soup	Cream of tomato soup ※O	Chicken mushroom & rice soup ※O	Seafood eggs & vegetables soup # △☆	Carrot & coriander soup ※O	Country vegetables soup △
Western Main Dish	Hungarian beef goulash ※O	Roast chicken drums ※△	Baked lasagna (Beef) ※O☆	Frittata(bacon) O☆	Pepperoni pizza ※
Asian Main Dish	Malaysian lemon chicken ※△	Roujiamo(pork) ※△☆	Thai shrimps cake ※ # △☆	Stir-fried beef fillet & rice cake ※△☆	Shanghai sweet & sour pork loin ※△☆
Vegetable Options	Broccoli & Carrot	Choy sum & Cauliflower	Chinese kale & Eggplant △	Zucchini & Lettuce	Mushrooms O & Guangdong cabbage
Starch (Carbohydrate)	Steamed rice or Roast potato with bacon	Steamed corn rice or Roast garlic potatoes O	Steamed rice or Gratin potatoes ※O	Steamed rice or Baked potatoes ※O	Fried rice with eggs ☆ or Potato wedges ※
Vegetarian	Creamy curry pumpkin ※O Jasmine rice	French vichy carrot O Gratin potatoes ※O Broccoli	Creamy vegetables ※O Garlic bread ※O☆	Roast mushrooms O with cauliflower puree	Teriyaki tofu ※△☆ Japanese fried 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

