

(2024) Weekly Menu Beginning November 18th to November 22nd

	MONDAY 11-18	TUESDAY 11-19	WEDNESDAY 11-20	THURSDAY 11-21	FRIDAY 11-22
Morning snack	Yogurts	Cake	Banana	Fruit	Apple
Daily Soup	Moroccan chickpea soups※△☆	Cream of pumpkin soup※O	Borsch soup※O	Cream of green pea soup※O△	West lake minced beef, eggs & vegetables soup※O☆
Western Main Dish	Parmesan beef pasta※O☆	Beef brisket stew with tomato	Chicken fricassee※O	Salmon frittata O# ☆	Cheese burger☆
Asian Main Dish	Thai basil stir-fried minced pork※△	Three cup chicken※△☆	Scrambled eggs with beef& tomato☆△	Sweet & sour pork chop※△☆	Crispy honey butter chicken※O☆
Vegetable Options	Spinach & Green peas△	Zucchini & Guangdong cabbage	Choy sum & Baby cabbage	Broccoli & Carrot	Mushrooms & Lettuce
Starch (Carbohydrate)	Steamed quinoa rice※△ or Baked potatoes※O	Steamed rice or Roast baby potatoes O	Steamed rice or Lyonnaise potatoes	Steamed rice or Sweet potatoes O	Steamed rice or French fries
Vegetarian	Grilled pleurotus eryngii※△ Fried rice with eggs & vegetables△☆	Masala vegan chickpeas※△☆ Pita bread※O☆	Gratin broccoli※O Vegetables fritters※O△☆	Stir-fried mixed mushroom※△ Jasmine rice	Tomato risottoO Garlic bread※O
Afternoon snack	Banana	Fruit	Yogurts	Cake	Bread
Others	Daily Choice Between Yogurt and Fruit Selection				



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