

(2025) Weekly Menu Beginning January 13th to January 17th

	MONDAY 1-13	TUESDAY 1-14	WEDNESDAY 1-15	THURSDAY 1-16	FRIDAY 1-17
Morning snack	Yogurts	Cake	Banana	Fruit	Apple
Daily Soup	Cream of tomato soup ※O	Chicken mushroom & soup ※O	Seafood eggs & vegetables soup # △☆	Carrot & coriander soup ※O	Country vegetables soup△
Western Main Dish	French beef stew with vegetables ※O	Sausage & bean casserole※△	Salmon pasta※ # O☆	Roast chicken drums	Cheese beef burger ※O☆
Asian Main Dish	Fried chicken in scoop※△☆	Kung pao shrimps※ # △☆	Yakitori (Chicken)※△	Braised beef ※△	Sweet & sour pork ribs※△☆
Vegetable Options	Broccoli & Carrot	Choy sum & Daikon	Spinach & Basil fried eggplant ※△	Zucchini & Lettuce	Sweet pea △ & Guangdong cabbage
Starch (Carbohydrate)	Steamed corn rice O or Roast potato with bacon	Steamed rice or Garlic potatoes O	Japanese fried rice ※△☆ or Stir-fried potatoes & onion	Steamed rice or Baked potatoes ※O	Steamed rice or French fries ※
Vegetarian	Gnocchi in tomato sauce ※O	Gratin potatoes ※O Broccoli	Vegetables moussaka ※O	Ratatouille Garlic bread ※O☆	Scrambles vegetables & eggs O☆ Potato wedges※
Afternoon snack	Banana	Tangerine	Yogurts	Cake	Danish
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

