

# (2025) Weekly Menu Beginning January 20<sup>th</sup> to January 24<sup>th</sup>

	MONDAY 1-20	TUESDAY 1-21	WEDNESDAY 1-22	THURSDAY 1-23 (Pack lunch) CNY Culture Day	FRIDAY 1-24
<b>Morning snack</b>	Yogurts	Cake	Banana	Fruit	Apple
<b>Daily Soup</b>	Cream of tomato soup ※O	Minestrone soup △	Daikon & pork soup		Cream of pumpkin soup ※O
<b>Western Main Dish</b>	BBQ chicken drums△	Pasta Bolognese※☆	Grilled pork chop with tomato sauce※O☆△		Abundant Pork meats pizza※O☆
<b>Asian Main Dish</b>	Scrambled eggs & beef※O☆△	Stewed duck with shanghai sauce※△	Stir-fried chicken & leeks※☆△		Taiwan braised minced pork & mushrooms※△☆
<b>Vegetable Options</b>	Broccoli & Carrot	Choy sum & Zucchini	Guangdong cabbage & Mix mushrooms O		Lettuce & Green peas △
<b>Starch (Carbohydrate)</b>	Fried rice ☆or Basil potatoes	Steamed rice or Lyonnais potatoes	Steamed rice or Roast potatoes		Steamed jasmine rice or Baby potatoes O
<b>Vegetarian</b>	Gratin rice dumpling※O Seasonal vegetables	Garlic bread※O☆ Roast cauliflower& potatoes O	Focaccia※O☆ Pisto O△		Fried rice with curry & chickpeas※△☆ Seasonal vegetables
<b>Afternoon snack</b>	Banana	Tangerine	Yogurts	Cake	Danish
<b>Others</b>	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

