

(2025) Weekly Menu Beginning February 10th to February 14th

	MONDAY 2-10	TUESDAY 2-11	WEDNESDAY 2-12 Lantern Day	THURSDAY 2-13	FRIDAY 2-14
Morning snack	Yogurts	Cake	Banana	Fruit	Apple
Daily Soup	Chicken & chick peas soup ※O△	Cream of mushroom soup ※O	Curried beef & vegetables soup※ ***** Sweet Chinese dumpling ※△	Cream of cauliflower soup ※O	Malaysian ABC soup (Potato, carrot, tomato and pork soup)
Western Main Dish	Honey roast gammon (Honey Roast Pork) ※O	Grilled chicken breast with cream mushroom sauce ※O	French beef stewed with carrot ※O	Salmon frittata O# ☆ (Scrambled Eggs with Salmon)	Classic Bolognese pizza (Delicious beef pizza) ※O
Asian Main Dish	Steamed chicken & shiitake mushroom ※△	Teriyaki beef ※△	Sweet & sour pork loin ※△☆	Braised pork ※△☆	Hong Kong honey roast chicken ※△
Vegetable Options	Choy sum & Green peas △	Spinach & Zucchini	Daikon & Leaf lettuce	Cabbage & Mixed mushrooms O	Broccoli & Carrot
Starch (Carbohydrate)	Steamed quinoa rice △ or Boiled potatoes O	Steamed rice or Lyonnaise potatoes	Fried rice with eggs ☆ or Roast potatoes O	Steamed rice or Dry fried potatoes	Steamed rice or Baked sweet potatoes O
Vegetarian	Mediterranean couscous △ Broccoli & cauliflower & carrot	Singapore fried rice ※△☆ Scrambled eggs O☆	Lentil casserole △ Garlic bread ※O☆	Thai fried rice noodles with vegetables & eggs ※△☆ Spring roll ※△☆	Mediterranean grilled mushroom & potatoes O Asparagus risotto ※O
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

