

(2025) Weekly Menu Beginning February 17th to February 21th

	MONDAY 2-17	TUESDAY 2-18	WEDNESDAY 2-19	THURSDAY 2-20	FRIDAY 2-21
Morning snack	Yogurts	Cake	Banana	Fruit	Apple
Daily Soup	Bacon & potatoes soup ※O	Cream of pumpkin soup ※O	Borsch soup ※O	Cream of green pea soup ※△O	Minced beef , eggs & vegetables soup △☆
Western Main Dish	Beef patty with potatoes & cheese ※O☆	Classic beef & vegetables stew ※△O	Roast chicken drums ※△	Salmon fish frittata O# ☆	Beef lasagna ※O☆
Asian Main Dish	Pork loin & pumpkin curry ※O	Three cup chicken ※△☆	Scrambled eggs with beef & tomato O☆	Sweet & sour pork chop ※△☆	Thai crispy chicken & basil ※△
Vegetable Options	Spinach & Purple cabbage	Zucchini & Guangdong cabbage	Choy sum & Baby cabbage	Broccoli & Carrot	Mixed mushrooms O & Lettuce
Starch (Carbohydrate)	Steamed black rice △or Sautéed potato & mushrooms O	Steamed rice or Roast baby potatoes O	Steamed rice or Lyonnaise potatoes	Steamed rice or Steamed corn bread ※△☆or Sweet potatoes O	Steamed rice or French fries ※
Vegetarian	Korean vegetables bibimbap ※△☆	Stewed chickpea ※△O Baguette ※O☆	Tortilla de patatas ※O☆	Stir-fried mixed mushroom O Jasmine rice	Tomato Risotto ※O Garlic bread ※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