

(2025) Weekly Menu Beginning March 24th to March 28th

	MONDAY 3-24	TUESDAY 3-25	WEDNESDAY 3-26	THURSDAY 3-27	FRIDAY 3-28
Morning snack	Yogurts	Cake	Banana	Fruit	Apple
Daily Soup	Bacon & potatoes soup ※O	French chicken & mushroom soup ※O	Borsch soup※	Apple & sweet potatoes soup ※O	Harvard vegetables soup△
Western Main Dish	Baked spaghetti beef balls※△O☆	Pork chops stew with tomato ※O☆	Roast chicken drums※△	Classic beef & vegetables stew ※O	Pepperoni pizza ※O (pork)
Asian Main Dish	Pork loin & pumpkin curry※O	Three cup chicken※△☆	Scrambled eggs with beef & tomato※△O☆	Sweet & sour pork※☆	Thai crispy chicken & basil※△
Vegetable Options	Spinach & green peas△	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 milk bun or Baked potatoes ※O	Steamed rice or French fries※
Vegetarian	Korean vegetables Bibimbap ※△☆	Stewed chickpea△ Baguette ※O☆	Tortilla de patatas ※O☆	Tofu masala ※O☆ Jasmine rice	Tomato Risotto ※O Garlic bread ※O☆
Afternoon snack	Banana	Pear	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

