

(2025) Weekly Menu Beginning April 14 th to April 18 th					
	MONDAY 4-14	TUESDAY 4-15	WEDNESDAY 4-16	THURSDAY 4-17	FRIDAY 4-18
Morning snack	Yogurts	Cake	Banana	Fruit	Apple
Daily Soup	Minestrone△	Cream of mushroom soup ※O	Carrot & red lentil soup ※O△	Cream of chicken & vegetables soup ※O	Vegetables , tofu & eggs soup△☆
Western Main Dish	Cream tuscan chicken ※O	Beef lasagna ※O☆	Chicken piccata ※O☆	Stewed pork chop with apples ※O	Cheese beef burger ※O☆
Asian Main Dish	Japanese curry Bolognese (Minced pork) ※O	Thai crispy roast pork belly※△	Scrambled eggs with beef fillet※△O☆	Thai shrimp cake※ # ☆	Sautéed shredded pork in sweet bean sauce served with steamed corn bread ※O△☆
Vegetable Options	Broccoli & Peas△	Lettuce & Zucchini	Choy sum & Carrot	Cabbage & Indian lettuce	Spinach & Pumpkin O
Starch (Carbohydrate)	Steamed corn rice or Potato & mushroom sautéed	Steamed rice or Butter potatoes	Steamed rice or Roast potatoes O	Thai fried rice or Baked potatoes O	Steamed rice or French fries
Vegetarian	Garlic bread Vegetables moussaka ※O☆	Grilled mixed mushrooms O Asparagus risotto ※O	Pita bread ※O☆ Chickpea masala※△O	Baked vegetables lasagna ※O☆	Nachos※ Vegetables & cheese wraps ※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					