

(2025) Weekly Menu Beginning April 21 st to April 25 th					
	MONDAY 4-21	TUESDAY 4-22 Earth day Free meat day	WEDNESDAY 4-23	THURSDAY 4-24	FRIDAY 4-25
Morning snack	Yogurts	Cake	Banana	Fruit	Apple
Daily Soup	Cream of bacon & potatoes soup ※O	Cream of green pea soup△O	Borsch soup※	Cream of green pea soup※△O	Minced beef , eggs & vegetables soup△☆
Western Main Dish	Cottage pie(Beef) ※O	Margherita pizza※	Crispy chicken drums※O☆	Salmon fish frittata O # ☆	Bolognese(Beef) pizza ※O
Asian Main Dish	Pork loin & pumpkin curry※△O	Scrambled eggs& tomato noodles※☆	Sweet & sour shrimps & pineapple※△ # ☆	Braised pork belly△	Steamed chicken with soy & sesame oil sauce※△
Vegetable Options	Spinach & Cabbage	Lettuce/Ratatouille	Choy sum & Pumpkin O	Broccoli & Carrot	Green peas △ & Guangdong cabbage
Starch (Carbohydrate)	Steamed grain rice △or Sautéed potato & mushrooms O	Steamed rice or Potatoes wedges※	Steamed rice or Roast potatoes O	Steamed bun※O☆ or Buttered potatoes O	Steamed rice or French fries※
Vegetarian	Korean vegetables bibimbap※△☆		Baguette※O☆ Stewed chickpea△	Pita bread ※O☆ Ratatouille	Garlic bread ※O☆ Tomato Risotto 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					