

(2025) Weekly Menu Beginning May26 <sup>th</sup> to May 30 <sup>th</sup>					
	MONDAY 5-26	TUESDAY 5-27	WEDNESDAY 5-28	THURSDAY 5-29	FRIDAY 5-30
Morning snack	Yogurts	Cake	Banana	Fruit	Apple
Daily Soup	Chicken & chickpea soup ※O△	Pumpkin , vegetables & tofu soup△	Wakame & eggs soup # ☆	Cream of carrot soup ※O	Borscht soup※
Western Main Dish	Chili con carne(Beef)※△ Pita bread ※O☆	Duck confit	Hungarian beef goulash ※O	Grilled chicken breast with cream tomato sauce ※O	Mushroom & sausage frittata (Pork &eggs)※O☆
Asian Main Dish	Japanese stir-fried chicken in honey & soy sauce※△	Korean BBQ pork belly※△	Chicken satay※△☆	Braised pork & eggs※△☆	Wok-fried Angus beef cubes with Italian black vinegar sauce※△☆
Vegetable Options	Choy sum & Green peas△	Lettuce & Ratatouille	Daikon△ & Water spinach	Cabbage & Zucchini	Broccoli & Carrot
Starch (Carbohydrate)	Steamed corn rice or Baked potatoes ※O	Steamed rice or Lyonnaise potatoes	Steamed black rice△ or Roast potatoes O	Steamed rice or Dry fried potatoes	Steamed rice or roast Butter potatoes O
Vegetarian	Mediterranean couscous△ Broccoli & cauliflower & carrot	Bibimbap ※△☆ Scrambled eggs O☆	Garlic bread ※O☆ Roast cauliflower with cheese ※O	Thai fried rice noodles with vegetables & eggs ※O☆ Spring roll※△☆	Chickpeas curry ※O△ Mediterranean grilled mushroom & potatoes O
Afternoon snack	Banana	Pear	Yogurts	Bread	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					

