



(2025) Weekly Menu Beginning June 23rd to June 27th

	MONDAY 6-23	TUESDAY 6-24	WEDNESDAY 6-25	THURSDAY 6-26	FRIDAY 6-27
Morning snack	Banana	Yogurts	Banana	Peach	Apple
Daily Soup	Borsch soup	Moroccan chickpea soup O	Cream of bacon & potato soup O	Carrot & ginger soup O	Cream of mushroom soup O
Western Main Dish	Roast beef served with pepper sauce or cream mushroom sauce O	Chicken breast served with gravy or cream tomato sauce O	Grilled pork chops served with honey garlic sauce or cream mustard sauce O	Salmon pasta #	Fried chicken drums served with cheese sauce ※
Asian Main Dish	Braised chicken with scallions△	Hong Kong style beef curry	Thai fried shrimps cake #	Steamed chicken △	Stir-fried beef fillet & pineapple△
Vegetable Options	Broccoli & Carrot	Lettuce & Zucchini	Choy sum & Pumpkin	Grilled bell pepper & Guangdong cabbage	Spinach & Cabbage
Starch (Carbohydrate)	Fried noodles or Cheese potatoes ※△	Steamed rice or Crispy new potatoes	Egg fried rice or baked potatoes ☆	Steamed rice or lyonnaise potatoes	Chinese dumpling or potato wedges ※
Vegetarian	Teriyaki mixed mushrooms Fried rice with eggs & vegetables ☆△	Baguette Gratin vegetables ※O	Scrambles eggs & tomato Noodles ※☆	Pumpkin risotto Baked vegetables O	Nacho Quesadilla △※
Afternoon snack	Peach	Bread	Fruit	Yogurts	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

