（2025）Weekly Menu Beginning June 9th to June 13th

	MONDAY 6-9	TUESDAY 6-10	WEDNESDAY 6-11	THURSDAY 6-12	FRIDAY 6-13
Morning snack	Banana	Fruit	Yogurts	Pear	Apple
Daily Soup	Cream of pumpkin & potato soup※O	Lotus root, carrot & pork soup	Creamy chicken noodles soup ※O	Tomato, mince pork & eggs soup ☆	Creamy of spring pea soup ※O△
Western Main Dish	Tuscan chicken pasta※O	Roast pork loin with gravy※O	Sausage frittata（pork &eggs） ※O☆	Shepherd's pie(Beef) ※O	Crispy chicken drums ※O☆
Asian Main Dish	Sweet & sour pork ribs※△☆	Teriyaki chicken※△	Beef curry	HK style pork chops with onion ※△☆	Stir-fried beef cubes & mushrooms※△☆
Vegetable Options	Broccoli & Carrot	Lettuce & Green peas△	Choy sum & Daikon	Zucchini & Spinach	Guangdong cabbage & Ratatouille
Starch (Carbohydrate)	Steamed rice or Fried shredded potatoes O	Steamed corn rice O or Roast potatoes O	Steamed rice or Baked potatoes ※O	Egg fried rice ☆or lyonnaise potatoes	Steamed rice or French fries ※
Vegetarian	Vegetables curry ※O△ Couscous△	Vegetables & cheese wraps ※O Pan-fried pleurotus eyngii△	Chinese hamburger※△O☆	Gnocchi pomodoro ※O△ Asparagus O	Garlic bread ※O☆ Gratin vegetables ※O
Afternoon snack	yogurts	Pear	Banana	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**