



Week Beginning 29th November to 3rd December, 2021.

		MONDAY 11-29	TUESDAY 11-30	WEDNESDAY 12-1	Thursday 12-2	FRIDAY 12-3
Set menu	Daily Soup	Shredded chicken, to-fu & eggs soup △☆	Cream of mushroom soup ※O	French onion soup	Cream of tomato soup ※O	Beef goulash soup ※
	Western Main Dish	Chicken parmigiana ※O	Peperoni pizza ※O	Manchurian chicken ※☆	Baked lasagna ※O☆	Slow stewed beef ※
	Asian Main Dish	Sweet & sour pork loin ※☆	Steamed fish in soy sauce ※ # △	Soy braised pork ball ※△☆	Breaded pork chop with curry sauce ※△☆	Thai roast drum sticks # △
	Vegetable Options	Carrots & Peas △	Broccoli & Purple cabbage	Choy sum & Zucchini	Mushroom & Spinach	Bok Choi & Pump-kin
	Starch (carbohydrates)	Steamed rice or Hash brown ※	Steamed rice or Roast potatoes O	Steamed rice or baked potatoes ※O	Steamed rice or lyon-naise potatoes	Steamed rice or Ba-by potatoes O
Vegetarian	Vegetarian food	Chickpea kormas△ (Teacher choice)	Pesto pasta ※☆	Curried noodles ※△☆	Shanghai noodle ※△☆	Bean casserole △
Morning snack	PN-Y6	Banana	Cake※O☆	Yogurts	Apple	Pear
Afternoon snack	PN-Y2	Yogurts	Tangerine	Banana	Cake	Pastry

Daily Choice Between Yogurt and Fruit & Daily Bread Selection 每日酸奶或水果和每日面包精选

Salad bar 自选沙拉吧

※ Gluten Content 面粉 | △Legumes Product 豆类 | O Dairy Product 牛奶 | # Shell Fish & Seafood 鱼&海鲜 | ☆ Eggs Product 鸡蛋