

Weekly Menu (G2-G12) 19~23 May

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day
Pizza Margherita 芝士比萨 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: wheat, cheese</u>	Fish Stewed with Cream Sauce 蒜香奶油龙利鱼 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <u>Allergy: milk, cream</u>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Fried Chicken 炸鸡块 French Fries 薯条 <u>Allergy: wheat, soy sauce</u>	Grilled Pork Loin with Black Pepper Sauce 黑椒猪排 Stir fry Vegetable 炒时蔬 Pasta 意大利面 <u>Allergy: wheat, soy sauce</u>
Stir Fried Eggplant 红烧茄子 Stir Fried Zucchini 素炒西葫芦 Fried Egg 虎皮鸡蛋 <u>Allergy: egg, soy sauce</u>	Stir Fried Rice with Pork Sausage and Egg 腊肠蛋炒饭 Deep Fried Green beans 干煸豆角 <u>Allergy: soy sauce</u>	Chicken Teriyaki 日式照烧鸡排 Stir Fried Vegetables 炒时蔬 <u>Allergy: soy sauce, breadcrumb</u>	Pork Stew with Quail Eggs and Potatoes 五花肉炖土豆鹌鹑蛋 Green Vegetables 炒蔬菜 <u>Allergy: soy sauce, egg</u>	Sweet and Sour Chicken 糖醋鸡柳 Stir fry Potatoes with Green Pepper 青椒土豆丝 Stir Fried Cabbage 清炒洋白菜 <u>Allergy: garlic, soy sauce</u>
Noodles with Tomato and Egg Sauce 番茄鸡蛋面 Dried Tofu with Green Pepper 青椒土豆丝 <u>Allergy: wheat, egg</u>	Popcorn Chicken Wrap 鸡米花卷饼 Mixed Vegetables 混合蔬菜/拌三丝 <u>Allergy: wheat, soy sauce</u>	Pork Dumplings 猪肉水饺 Stir Fried Cabbage 麻酱牛筋面/洋白菜 <u>Allergy: sesame, wheat</u>	Beef Pho 越南牛肉粉 Stir Fry Green Vegetables 炒青菜 <u>Allergy: Chili</u>	Noodles in Beef and Tomato Soup 番茄牛肉面 Boiled Vegetable 煮蔬菜 <u>Allergy: wheat, soy sauce</u>
	Vegetables Wrap 蔬菜卷	Vegetable Dumplings 蔬菜水饺	Rice Noodles in Vegetable Soup 河粉蔬菜汤	Noodles in Tomato Soup 番茄汤面
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Red Bean and Job's Tears Soup 红豆薏米水	Vegetable and Egg Soup 蔬菜鸡蛋汤	Millet Congee 小米粥
Banana Bread 香蕉包	Cookies 饼干	Swiss Roll 瑞士卷	Apple Pie 苹果派	Rice Balls 糯米糍
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 786	Protein 蛋白质 (g) 29	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 25

Weekly Menu (G2-G12) 26~30 May

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day
Macaroni with Pesto/Tomato/Cream Mushroom Sauce 意大利面搭配罗勒/番茄/奶油 蘑菇汁 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <u>Allergy: cheese, egg</u>	Chicken Cordon Bleu 蓝带鸡排 Stir fry Vegetable 炒蔬菜 Mashed Sweet Potatoes 红薯泥 <u>Allergy: breadcrumb</u>	Beef Balls 番茄汁牛肉丸 Stir fry Vegetable 炒蔬菜 Mashed Potatoes 土豆泥 <u>Allergy: beef, soya sauce</u>	Hamburger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat</u>	Chicken Quesadilla 芝士鸡肉饼 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: wheat, cheese</u>
Stir Fried Cabbage with Chili 手撕包菜 Grilled Tofu with Vegetables 家常豆腐 Steamed Egg with Vegetables 蔬菜蒸蛋 <u>Allergy: egg, soya sauce</u>	Beef Stewed 黄焖牛肉 Stir Fried Green Vegetables 清炒蔬菜 Steamed Rice 米饭 <u>Allergy: chili, soya, garlic</u>	Chicken Stewed with Coconut Sauce 马来西亚椰浆鸡肉饭 Stir fry Vegetable 炒时蔬 <u>Allergy: coconut, milk</u>	Roasted Chicken Leg 烤鸡腿 Spicy Dried Bean Curd 麻辣豆干 Stir Fried Green Vegetables 香菇油菜 <u>Allergy: soy sauce</u>	Shrimp and Tofu Stewed 豆腐虾仁煲 Stir fry Eggplant 红烧茄子 Sweet and Sour Cabbage 醋溜白菜 <u>Allergy: shrimps</u>
Fried Noodles with Vegetables 蔬菜炒面 Fried Egg 煎鸡蛋 <u>Allergy: egg, soy sauce</u>	Udon with Shrimps in Seafood Soup 鲜虾乌冬面 Boiled Vegetables 煮油菜 <u>Allergy: shrimp</u>	Noodles with pork in Soybean paste 炸酱面 Mixed Vegetables 拌蔬菜 <u>Allergy: soybean, wheat</u>	Noodles with Ground Pork 猪肉臊子面 boiled Vegetables 煮蔬菜 Boiled Egg 卤鸡蛋 <u>Allergy: soy sauce, egg</u>	Spicy Hot Pot 麻辣拌 Noodle 面条 <u>Allergy: soy sauce, wheat</u>
	Udon in Vegetable Soup 蔬菜乌冬面	Noodles with Soybean Paste 炸酱面	Noodles with Vegetables 蔬菜面	Spicy Vegetables 麻辣蔬菜
Laver and Egg Soup 紫菜鸡蛋汤	Pumpkin Soup 南瓜汤	Red Bean Soup 红豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	Tomato and Egg Soup 西红柿鸡蛋汤
Banana Bread 香蕉包	Cookies 饼干	Chocolate Cake 巧克力蛋糕	Carrot Cake 胡萝卜蛋糕	Fruit Tart 水果塔
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 779	Protein 蛋白质 (g) 30	Carbohydrate 碳水 (g) 115	Fat 脂肪 (g) 29