

Weekly Menu (G2-G12) 2~5 June

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	
Pizza Margherita 芝士比萨 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 土豆角 <u>Allergy: wheat, cheese</u>	Pork with Apple Stewed 法式苹果猪 Stir fry Vegetable 炒时蔬 Mashed Sweet Potatoes 红薯泥 <u>Allergy: milk</u>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: beef, cheese, milk</u>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <u>Allergy: wheat, mayonnaise</u>	
Curry Vegetables 咖喱蔬菜 Steamed Egg and Tofu 蒸鸡蛋豆腐 <u>Allergy: egg, soya sauce</u>	Stir Fried Chicken with Black Pepper Sauce 黑椒鸡柳 Stir Fried Chinese Cabbage 白菜烧面筋 <u>Allergy: soya sauce, chili</u>	Hainanese Chicken Rice 海南鸡腿饭 Stir Fried Chinese Cabbage with Vermicelli 蒜蓉娃娃菜粉丝 <u>Allergy: soya sauce, chili</u>	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <u>Allergy: soy sauce, coconut</u>	
Mixed Doodle and Vegetable in Chili Sauce 重庆小面 Fried Egg 煎鸡蛋 <u>Allergy: egg, sesame, soy sauce</u>	Rice Noodles with Beef and Tomato Soup 番茄牛肉粉 boiled Vegetables 煮蔬菜 <u>Allergy: wheat, soy sauce</u>	Stir Fried Pork in Pita Bread 辣椒炒肉配荷叶饼 Mixed Vegetables 素什锦 <u>Allergy: wheat, soya sauce</u>	Noodles with Pork in Korean Bean Pasta 韩式炸酱面 Boiled Egg 煮鸡蛋 <u>Allergy: wheat, soy sauce</u>	
	Noodles in Tomato Soup 番茄面	Stir Fried Vegetables in Pita Bread 荷叶饼夹蔬菜	Noodles with Soybean Paste 炸酱面	
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Green Pea Soup 绿豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	
Banana Bread 香蕉包	Cookies 饼干	Swiss Roll 瑞士卷	Apple Pie 苹果派	
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 789	Protein 蛋白质 (g) 27	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 25