

Weekly Menu (G3-G12) 25~29 Aug

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
Grilled Cheese Toastie 烤芝士三明治 Mixed Vegetable 混合蔬菜 French Fries 薯条 <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, fish</u>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Grilled Boneless Chicken Thigh with Pineapple 菠萝煎鸡腿肉 Ratatouille 炒时蔬 <u>Allergy: soy sauce</u>	Grilled Pork Loin with Black Pepper Sauce 黑椒猪排 Stir fry Vegetable 炒时蔬 <u>Allergy: wheat, soy sauce</u>
Baked Rice with Kimchi and Cheese 辣白菜芝士饭 Cabbage Salad 拌洋白菜 Fried Egg 煎鸡蛋 <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, egg</u>	Chicken Teriyaki 日式照烧鸡排 Stir Fried Vegetables 炒时蔬 <u>Allergy: soy sauce, breadcrumb</u>	Pork Stew with Potatoes 五花肉炖土豆 Green Vegetables 炒蔬菜 <u>Allergy: soy sauce</u>	Sweet and Sour Chicken 炸鸡块咖喱蛋包饭 Stir Fried Vegetables 清炒时蔬 <u>Allergy: egg, soy sauce</u>
Spicy Mixed Vegetables with Noodles 麻辣拌面 Quail Egg 鹌鹑蛋 <u>Allergy: wheat, egg, sesame</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 Mixed Vegetables 素什锦 <u>Allergy: soy sauce, wheat</u>	Beef Pho 越南牛肉粉 Stir Fry Green Vegetables 炒青菜 <u>Allergy: chili, soy sauce</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) 30	Carbohydrate 碳水(g) 108	Fat 脂肪(g) 25

Weekly Menu (G3-G12) 01~05 Sept

Monday	Tuesday	Wednesday	Thursday	Friday
			Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day
			Hamburger with Pineapple 牛肉菠萝汉堡 French Fries 薯条 <i>Allergy: wheat, soy sauce</i>	Bolognese Pizza 肉酱比萨 Stir fry Vegetable 炒蔬菜 Roasted Sweet Potatoes 烤地瓜条 <i>Allergy: wheat, cheese</i>
			Roasted Chicken Leg 烤鸡腿 Spicy Dried Bean Curd 麻辣豆干 Stir Fried Green Vegetables 香菇油菜 <i>Allergy: soy sauce</i>	Shrimp and Tofu Stewed 豆腐虾仁煲 Stir fry Eggplant 红烧茄子 Sweet and Sour Cabbage 醋溜白菜 <i>Allergy: shrimps</i>
			Noodles with Ground Pork 猪肉臊子面 boiled Vegetables 煮蔬菜 Boiled Egg 卤鸡蛋 <i>Allergy: soy sauce, egg, wheat</i>	Udon with Chicken in Curry Soup 日式鸡块咖喱乌冬面 <i>Allergy: soy sauce, wheat, egg</i>
			Noodles with Vegetables 蔬菜面	Cheese Pizza 芝士比萨
			Vegetable and Egg Soup 蔬菜鸡蛋汤	Tomato and Egg Soup 西红柿鸡蛋汤
			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) 29	Carbohydrate 碳水 (g) 117	Fat 脂肪 (g) 29