

Weekly Menu (N-G2) 25~29 Aug

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Grilled Cheese Toastie 烤芝士三明治 French Fries 薯条 Stir fry Vegetables 炒蔬菜 <u>Allergy: wheat, cheese</u>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, soy sauce</u>	Spaghetti Bolognese 番茄肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Chicken Teriyaki 日式照烧鸡排 Plain Rice 米饭 <u>Allergy: wheat, soy sauce</u>	Chicken Curry 咖喱鸡 Stir fry Vegetable 炒蔬菜 Plain Rice 米饭 <u>Allergy: soy sauce</u>
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 722	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 107	Fat 脂肪 (g) 22

01 ~ 05 Sept

Monday	Tuesday	Wednesday	Thursday	Friday
			Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
			Hamburger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat, soy sauce</u>	Bolognese Pizza 肉酱披萨 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>
			Fruit of the Day	Fruit of the Day
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 725	Protein 蛋白质 (g) 28	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 23