

Weekly Menu (N-G2) 22~26 Sept

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Rice Balls with Seaweed and Cheese 海苔芝士米饭球 Vegetable Sticks 蔬菜条 <u>Allergy: cheese, seaweed, sesame</u>	Baked Fusilli w/Beef Balls 螺旋面配牛肉丸 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 <u>Allergy: wheat, soy sauce</u>	Fried Noodles with Vegetables 蔬菜炒面 Grilled Chicken with BBQ Sauce 煎鸡排烧烤酱 <u>Allergy: wheat, soy sauce</u>	Stir Fried Chicken with Broccoli 西兰花炒鸡肉 Vegetable Sticks 蔬菜条 Plain Rice 米饭 <u>Allergy: soy sauce</u>	Fish and Chips 鱼条薯条 Vegetable Sticks 蔬菜条 <u>Allergy: fish, wheat</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) 710	Protein 蛋白质(g) 33	Carbohydrate 碳水(g) 105	Fat 脂肪(g) 20

Weekly Menu (N-G2) 7~10 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
	Beef Goulash 红烩牛肉 Vegetable Sticks 蔬菜条 Plain Rice 米饭 <u>Allergy: beef, soy sauce</u>	Pork Rolls 肉龙 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 <u>Allergy: wheat, soy sauce</u>	Chicken Burger 鸡肉汉堡 Vegetable Sticks 蔬菜条 <u>Allergy: wheat</u>	Pork and Chinese Cabbage Dumplings 猪肉白菜水饺 Vegetable Sticks 蔬菜条 <u>Allergy: soy sauce</u>
	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) 715	Protein 蛋白质(g) 28	Carbohydrate 碳水(g) 102	Fat 脂肪(g) 23