

Weekly Menu (G3-G12) 13-17 Oct

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 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 Mushroom with Chili 干锅杏鲍菇 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 麻酱面藕/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	Sweet Potato Congee 红薯粥
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) 110	Fat 脂肪 (g) 26

Weekly Menu (G3-G12) 20-24 Oct

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	
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>	Nacho Fries with Ground beef 墨西哥风味肉酱芝士土豆条 Stir fry Vegetable 炒蔬菜 <u>Allergy: beef, soy sauce, milk</u>	Beef Burger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat</u>	UN DAY
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>	
Noodles with Vegetables in Soybean paste Korean Style 炸酱面 Boiled Egg 煮鸡蛋 <u>Allergy: soybean, wheat, egg</u>	Spicy Hot Pot 麻辣拌 Noodle 面条 <u>Allergy: soy sauce, wheat</u>	Tteokbokki with Pork and Cheese 芝士猪肉炒年糕 Cabbage Salad Korean Style 韩式拌洋白菜 <u>Allergy: cheese</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>	
	Udon in Vegetable Soup 蔬菜乌冬面	Tteokbokki with Cheese 芝士炒年糕	Noodles with Vegetables 蔬菜面	
Laver and Egg Soup 紫菜鸡蛋汤	Pumpkin Soup 南瓜汤	Red Bean Soup 红豆汤	Cream Corn Soup 奶油玉米汤	
Banana Bread 香蕉包	Cookies 饼干	Chocolate Cake 巧克力蛋糕	Carrot Cake 胡萝卜蛋糕	
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