

Weekly Menu (N-G2) 13-17 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Pizza Margherita 芝士比萨 Stir fry Vegetables 炒蔬菜 <u>Allergy: wheat, cheese</u>	Fried Rice with Ham and Egg 火腿鸡蛋炒饭 Stir fry Vegetable 炒时蔬 <u>Allergy: egg</u>	Spaghetti Bolognese 番茄肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Fried Chicken 炸鸡 Fried Potatoes 土豆条 <u>Allergy: wheat</u>	Potato, Bacon and Cheese Pie 土豆培根芝士饼 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</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) 33	Carbohydrate 碳水 (g) 107	Fat 脂肪 (g) 25

20 - 24 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	
Spaghetti in Tomato Sauce Toast 意面吐司 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat</u>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <u>Allergy: wheat, soy sauce</u>	Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒蔬菜 <u>Allergy: soy sauce, breadcrumb</u>	Beef Burger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat, soy sauce</u>	UN 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) 610	Protein 蛋白质 (g) 22	Carbohydrate 碳水 (g) 76	Fat 脂肪 (g) 17