Weekly Menu (N-G2) 27~31 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
Kimbab 韩式饭卷 *Allergy: egg, seaweed*	Pork Dumplings 猪肉水饺 Stir fry Vegetable 炒时蔬 *Allergy: wheat*	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒时蔬 *Allergy: beef, milk, wheat*	Fried Chicken 炸鸡 Egg Fried Rice with Vegetables 鸡蛋蔬菜炒米饭 *Allergy: wheat, egg*	Spaghetti Bolognese 意大利肉酱面 Stir fry Vegetable 炒时蔬 *Allergy: wheat, beef*
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) 719	Protein 蛋白质(g) 26	Carbohydrate 碳水(g) 115	Fat 脂肪(g) 22

3~7 Nov

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Cookies Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Pizza Margherita 芝士比萨 Stir fry Vegetables 炒时蔬 *Allergy: wheat, cheese*	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Corn 炒玉米粒 *Allergy: soy sauce, coconut milk, beef*	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 *Allergy: wheat*	Fried Rice with Ham and Egg 火腿鸡蛋炒饭 Stir fry Vegetable 炒时蔬 *Allergy: egg*	Grilled Chicken in Pita Bread 烧饼夹鸡肉 Stir fry Shredded Potatoes 清炒土豆丝 *Allergy: wheat*
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) 29	Carbohydrate 碳水(g) 108	Fat 脂肪(g) 20