

Weekly Menu (G3-G12) 24-28 Nov

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, fish</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</u>	Pork Loin Schnitzel with Black Pepper Sauce 黑椒猪排 Stir fry Vegetable 炒时蔬 Pasta 意大利面 <u>Allergy: wheat</u>
Stir Fried Eggplant 红烧茄子 Stir Fried Zucchini 素炒西葫芦 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 Stir Fry Cabbage with Chili 手撕包菜 <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</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</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
Cream Puff 奶油泡芙	Doughnuts 甜甜圈	Banana Bread 香蕉包	Cookies 卡通饼干	Strawberry Mousse 草莓慕斯
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 786	Protein 蛋白质 (g) 30	Carbohydrate 碳水 (g) 110	Fat 脂肪 (g) 26

Weekly Menu (G3-G12) 01-05 Dec

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
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 Sweet Potatoes Sticks 红薯条 <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: soy sauce, milk</u>	Beef Burger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat</u>	Chicken Quesadilla 芝士鸡肉饼 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: wheat, cheese</u>
Stir Fried Tomato with Egg 西红柿炒鸡蛋 Sauteed Spicy String Beans 干煸豆角 Steamed Rice 米饭 <u>Allergy: egg, soy sauce</u>	Beef Stewed 黄焖牛肉 Stir Fried Green Vegetables 清炒蔬菜 Steamed Rice 米饭 <u>Allergy: chili, soy sauce</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>	Chicken Leg Stewed 炖鸡腿 Spicy Dried Bean Curd 麻辣豆干 Stir Fried Green Vegetables 清炒快菜 <u>Allergy: soy sauce</u>	Shrimp and Tofu Stewed 豆腐虾仁煲 Stir fry Eggplant 红烧茄子 Sweet and Sour Cabbage 醋溜白菜 <u>Allergy: shrimps</u>
Noodles with Vegetables in Soybean paste Korean Style 炸酱面 Boiled Egg 煮鸡蛋 <u>Allergy: soybean, wheat, egg</u>	Rice Noodles with Fish in Tomato Soup 番茄鱼面 Boiled Vegetables 煮蔬菜 <u>Allergy: fish</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: wheat, egg</u>	Spicy Hot Pot 麻辣拌 Noodle 面条 <u>Allergy: wheat</u>
	Rice Noodles in Vegetable Soup 蔬菜乌冬面	Tteokbokki with Cheese 芝士炒年糕	Noodles with Vegetables 蔬菜面	Spicy Vegetables 麻辣蔬菜
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	Tomato and Egg Soup 西红柿鸡蛋汤
Mochi 糯米糍	Cookies 饼干	Banana Bread 香蕉包	Carrot Cake 胡萝卜蛋糕	Chocolate Cake 巧克力蛋糕
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 792	Protein 蛋白质 (g) 31	Carbohydrate 碳水 (g) 117	Fat 脂肪 (g) 29