

## Weekly Menu (N-G2) 10-14Nov

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Baked Rice with Seaweed and Cheese 海苔芝士焗饭 Vegetable Sticks 蔬菜条 <u>Allergy: cheese, seaweed, sesame</u>	Baked Fusilli w/Meat Sauce 螺旋面配牛肉酱 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 <u>Allergy: wheat</u>	Pork Rolls 肉龙 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 <u>Allergy: wheat</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) 108	Fat 脂肪(g) 22

## Weekly Menu (N-G2) 17-21 Nov

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Teriyaki Rice with Cheese 照烧芝士饭 Vegetable Sticks 蔬菜条 <u>Allergy: cheese, seaweed, sesame</u>	Beef Goulash 红烩牛肉 Vegetable Sticks 蔬菜条 Plain Rice 米饭 <u>Allergy: beef, soy sauce</u>	Fried Chicken, Curry Omelette Rice 日式炸鸡咖喱蛋包饭 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 <u>Allergy: egg</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: wheat</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) 30	Carbohydrate 碳水(g) 111	Fat 脂肪(g) 23