

## Weekly Menu (N-G2)

17-21 Aug

| Monday                                                                               | Tuesday                                                                                 | Wednesday                                                                           | Thursday                                                                                 | Friday                                                                         |
|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Yoghurt<br>Fruit Cut                                                                 | Carrot Cake<br>Fruit Cut                                                                | Mini Pizza<br>Fruit Cut                                                             | Banana Bread<br>Fruit Cut                                                                | Cheese Sandwich<br>Fruit Cut                                                   |
| Pizza Margherita<br>芝士比萨<br>Stir fry Vegetables 炒蔬菜<br><u>Allergy: wheat, cheese</u> | Spaghetti Bolognese<br>番茄肉酱面<br>Stir fry Vegetable 炒蔬菜<br><u>Allergy: wheat, cheese</u> | Chicken Teriyaki<br>照烧鸡排<br>Stir fry Vegetable<br>炒蔬菜<br><u>Allergy: breadcrumb</u> | Fried Rice with Ham and Egg<br>火腿鸡蛋炒饭<br>Stir fry Cauliflower 炒时蔬<br><u>Allergy: egg</u> | Chicken Curry<br>咖喱鸡<br>Stir fry Vegetable 炒时蔬<br><u>Allergy: coconut milk</u> |
| Fruit of the Day                                                                     | Fruit of the Day                                                                        | Fruit of the Day                                                                    | Fruit of the Day                                                                         | Fruit of the Day                                                               |
| Nutritional reading over<br>the week<br>每周营养分析                                       | Energy 热量 (Kcal)<br>729                                                                 | Protein 蛋白质 (g)<br>27                                                               | Carbohydrate 碳水 (g)<br>109                                                               | Fat 脂肪 (g)<br>27                                                               |

24-28 Aug

| Monday                                                                                           | Tuesday                                                                                   | Wednesday                                                                             | Thursday                                                              | Friday                                                                              |
|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Yoghurt<br>Fruit Cut                                                                             | Steamed Dumplings<br>Fruit Cut                                                            | Banana Bread<br>Fruit Cut                                                             | Carrot Cake<br>Fruit Cut                                              | Ham Sandwich<br>Fruit Cut                                                           |
| Spaghetti in Tomato Sauce<br>Toast<br>意面吐司<br>Stir fry Vegetable<br>炒蔬菜<br><u>Allergy: wheat</u> | Chicken Quesadilla<br>鸡肉芝士饼<br>Stir fry Vegetable<br>炒蔬菜<br><u>Allergy: wheat, cheese</u> | Bolognese Pizza<br>肉酱披萨<br>Stir fry Vegetable<br>炒蔬菜<br><u>Allergy: wheat, cheese</u> | Chicken Burger<br>鸡肉汉堡<br>French Fries<br>薯条<br><u>Allergy: wheat</u> | Steamed Pork Dumplings<br>小笼包<br>Stir fry Vegetable<br>炒时蔬<br><u>Allergy: 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<br>the week<br>每周营养分析                                                   | Energy 热量 (Kcal)<br>725                                                                   | Protein 蛋白质 (g)<br>26                                                                 | Carbohydrate 碳水 (g)<br>110                                            | Fat 脂肪 (g)<br>25                                                                    |