

Weekly Menu (N-G2)

5-9 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>	Spaghetti Bolognese 番茄肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒蔬菜 <u>Allergy: breadcrumb</u>	Fried Rice with Ham and Egg 火腿鸡蛋炒饭 Stir fry Cauliflower 炒时蔬 <u>Allergy: egg</u>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <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 the week 每周营养分析	Energy 热量 (Kcal) 729	Protein 蛋白质 (g) 29	Carbohydrate 碳水 (g) 109	Fat 脂肪 (g) 27

12-16 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	
Egg Toast 鸡蛋酱吐司 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, egg</u>	Chicken Quesadilla 鸡肉芝士饼 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Bolognese Pizza 肉酱披萨 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Chicken Curry 咖喱鸡 Stir fry Vegetable 炒时蔬 <u>Allergy: coconut milk</u>	<u>UN DAY</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) 725	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 115	Fat 脂肪 (g) 25