Weekly Menu (N-G2) 19-23 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
Kimbap 韩式饭卷 Japchae 韩式炒杂菜 *Allergy: seaweed, sesame, egg*	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: milk, wheat*	Beef Curry 咖喱牛肉 Stir Fried Vegetables 炒青菜 *Allergy: wheat, egg*	Orleans-Style Chicken Pizza 奥尔良鸡肉披萨 Vegetable Sticks 蔬菜条 *Allergy: wheat, cheese*
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) 725	Protein 蛋白质(g) 28	Carbohydrate 碳水(g) 119	Fat 脂肪(g) 23

26-30 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Cookies Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Spaghetti with Tomato Sauce 番茄意面 Stir fry Vegetables 炒时蔬 Boiled Egg 煮鸡蛋 *Allergy: wheat, cheese, egg*	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 *Allergy: wheat*	Grilled Chicken in Pita Bread 烧饼夹鸡肉 Stir fry Shredded Potatoes 清炒土豆丝 *Allergy: wheat*	Beef Burger 牛肉汉堡 French Fries 薯条 *Allergy: wheat*	Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒蔬菜 *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) 30	Carbohydrate 碳水(g) 112	Fat 脂肪(g) 25