Weekly Menu (N-G2) 2-6 Nov

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 *Allergy: wheat, cheese*	Fried Rice with Ham and Egg 火腿鸡蛋炒饭 Stir fry Vegetable 炒时蔬 *Allergy: egg*	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒时蔬 *Allergy: milk, wheat*	Chicken Burger 鸡肉汉堡 French Fries 薯条 Vegetable Sticks 蔬菜条 *Allergy: wheat*	Kimbab 韩式饭卷 Japchae 韩式炒杂菜 *Allergy: egg, seaweed*
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) 712	Protein 蛋白质(g) 33	Carbohydrate 碳水(g) 112	Fat 脂肪(g) 22

Weekly Menu (N-G2) 9-13 Nov

Monday	Tuesday	Wednesday	Thursday	Friday
			Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
			Pork and Chinese Cabbage Dumplings 猪肉白菜水饺 Vegetable Sticks 蔬菜条 *Allergy: wheat*	Teriyaki Chicken Pizza 照烧鸡肉批萨 Vegetable Sticks 蔬菜条 *Allergy: wheat*
			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) 35	Carbohydrate 碳水(g) 118	Fat 脂肪(g) 23