



Weekly Menu

23 Sept~27 Sept



Type	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Set Meal	Pizza Margherita 芝士比萨 Stir fry Vegetables 炒蔬菜 <u>Allergy: wheat, cheese</u>	Baked Rice with Sausage 香肠芝士饭 Stir Fried Cabbage 炒洋白菜 <u>Allergy: milk, cheese</u>	Pork Dumplings 猪肉白菜水饺 Sweet Corn and Vegetables 玉米粒炒蔬菜 <u>Allergy: wheat, soya sauce</u>	Kimbab 韩式饭卷 Stir fry Vegetables 炒蔬菜 <u>Allergy: sesame</u>	Teriyaki Chicken 日式照烧鸡排" Cauliflower with Tomato Sauce 番茄菜花 <u>Allergy: breadcrumb</u>
Fruit	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) 25	Carbohydrate 碳水 (g) 105	Fat 脂肪 (g) 20

Weekly Menu

7 Oct~11 Oct

Type	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Set Meal	Stir Fry Noodles 炒面 Stir fry Vegetable 炒时蔬 <u>Allergy: wheat, cheese</u>	Chicken Curry 咖喱鸡肉 Vegetable Sticks 蔬菜条 <u>Allergy: coconut, milk</u>	Pork Rolls 猪肉卷 Sweet Corn and Vegetables 玉米粒炒蔬菜 <u>Allergy: wheat, soya sauce</u>	Chicken Burger 鸡肉汉堡 Roasted Potatoes 烤土豆 <u>Allergy: wheat, mayonnaise</u>	Baked Beef Macaroni 小弯牛肉面 Stir Fry Zucchini and Corn 西葫玉米 <u>Allergy: wheat, soya sauce</u>
Fruit	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) 715	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 102	Fat 脂肪 (g) 19

