

Weekly Menu

14 Oct~18 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day
Cottage Pie 土豆蔬菜派 Stir fry Vegetable 炒时蔬 Allergy: milk, cheese	Grilled Chicken with Eggplant with Pesto Sauce 罗勒煎鸡排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 Allergy: chicken, breadcrumb	Pan-fried beef balls with gravy 牛肉丸配肉汁 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 Allergy: beef, pepper, onion	Pork Stewed with Plum Sauce 西梅猪排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 Allergy: cream, milk	Fish and Chips 鱼条薯条 Stir fry Vegetable 炒时蔬 Allergy: fish
Stir Fried Eggplant 红烧茄子 Tofu Stewed 蔬菜炖豆腐 Plain Rice 米饭 Allergy: soya sauce	Thai Spicy Diced Pork 泰式猪肉丁 Stir fry Vegetables 炒时蔬 Plain Rice 米饭 Allergy: soya sauce	Pork Chop Curry 咖喱猪排 Stir fry Cabbage 炒洋白菜 Steamed Rice 米饭 Allergy: curry paste, pork, garlic	Kung Pao Chicken 宫保鸡丁 Stir Fried Green Beans 干煸豆角 Steamed Rice 米饭 Allergy: chili, leek, soya sauce	Pork Stew 台式卤肉饭 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 Allergy: soya sauce
Fried Udon 日式乌冬面 Fried Eggs 煎鸡蛋 Allergy: egg, sesame, soya sauce	Noodles with Beef in Tomato Sauce 番茄肥牛面 boiled Vegetable 煮蔬菜 Allergy: wheat	Stir Fried Chicken in Pita Bread 荷叶饼夹炒辣鸡肉 Cucumber Salad 黄瓜拌面藕 Allergy: wheat, soya sauce	Stir Fried Rice Noodle with Shrimps 星洲虾仁炒米粉 Stir Fried Vegetables 桑巴蔬菜 Allergy: shrimp, garlic	Noodle with Chicken soup 川香鸡面 boiled Vegetable 煮蔬菜 Allergy: soya sauce
	Noodle in Tomato Soup 番茄面	Vegetables in Pita Bread 饼夹蔬菜	Stir Fried Rice Noodles with vegetables 素炒米粉	Noodles with Vegetables Soup 蔬菜汤面
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Green Pea Soup 绿豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	White Fungus Sweet Soup 银耳红豆羹
Banana Bread 香蕉包	Cookies 饼干	Swiss Roll 瑞士卷	Apple Pie 苹果派	Fruit Tart 水果塔
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 780	Protein 蛋白质 (g) 27	Carbohydrate 碳水 (g) 105	Fat 脂肪 (g) 23

Weekly Menu

21 Oct~25 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	UN DAY	Seasonal Fresh Salad Bar Fruit of the Day
Italian Baked Rice with Vegetables and Cheese 意大利蔬菜芝士焗饭 Stir fry Vegetable 炒蔬菜 Allergy: cheese, milk	Fried Pork Chop with Black Pepper Sauce 黑椒猪排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 Allergy: breadcrumb	Meat Loaf 牛肉面包 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 Allergy: beef, herb, soya sauce		Grilled Fish with Black Pepper Sauce 黑椒煎鱼排 Stir fry Vegetable 炒时蔬 Roasted Potatoes 土豆角 Allergy: fish, soya sauce
Stir Fried Tomato with Egg 番茄菜花鸡蛋 Stir Fried Potatoes 干锅土豆片 Steamed Rice 米饭 Allergy: egg, soya sauce	Chicken Leg Stewed 红烧鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 Steamed Rice 米饭 Allergy: chili, soya, garlic	Yuxiang Chicken 鱼香鸡丝 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 Allergy: soya sauce		Chicken Stewed with Potatoes 黄焖鸡 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 Allergy: soy sauce, green garlic, ginger
Fried Noodle with Vegetables 蔬菜炒牛河 Fried Eggs 煎鸡蛋 Allergy: egg, soya sauce	Penne with Shrimps in Cream Sauce 鲜虾芝士斜切面 Stir Fried Vegetables 什锦蔬菜 Allergy: shrimp, cheese	Pork Rolls 肉龙 Stir fry Potatoes 焗土豆丝 Allergy: soy sauce, oyster sauce		Spaghetti with Bacon 意式培根炒意面 Stir Fried Vegetables 什锦蔬菜 Allergy: milk, wheat
	Penne in Cream Sauce 奶油芝士斜切面	Vegetables Rolls 蔬菜卷		Spaghetti in Tomato Sauce 番茄意面
Laver and Egg Soup 紫菜鸡蛋汤	Pumpkin Soup 南瓜汤	Red Bean Soup 红豆汤		Tomato and Egg Soup 西红柿鸡蛋汤
Banana Bread 香蕉包	Cookies 饼干	Chocolate Cake 巧克力蛋糕		Fruit Tart 水果塔
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 769	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 21