

Weekly Menu 14 Oct~18 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
Fried Rice with Egg 鸡蛋炒饭 Cauliflower with Tomato Sauce 番茄菜花 Vegetable Sticks 蔬菜条 Allergy: egg, soya sauce	Pork Dumplings 猪肉白菜水饺 Sweet Corn and Vegetables 玉米粒炒蔬菜 Vegetable Sticks 蔬菜条 Allergy: flour, pork, soya sauce, green garlic	Stir Fried Chicken in Pita Bread 荷叶饼夹鸡肉 Stir Fry Potatoes 炒土豆丝 Vegetable Sticks 蔬菜条 Allergy: soya sauce	Baked Fusilli w/Beef Balls 螺旋面配牛肉丸 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 Allergy: beef, onion, tomato sauce	Pork Stew 卤肉饭 Vegetable Sticks 蔬菜条 Plain Rice 米饭 Allergy: soya sauce
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 21 Oct~25 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	UN DAY	Ham Sandwich Fruit Cut
Macaroni and cheese 芝士通心面 Sweet Corn and Broccoli 玉米粒西兰花 Vegetable Sticks 蔬菜条 Allergy: flour, cheese	Sauteed Chicken with Broccoli 西兰花炒鸡肉" Vegetable Sticks 蔬菜条 Plain Rice 米饭 Allergy: soya sauce	Kimbab 韩式饭卷 Vegetable Sticks 蔬菜条 Allergy: egg, soya sauce		Spaghetti with Bacon 意式培根面 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 Allergy: wheat, cream, cheese
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) 26	Carbohydrate 碳水 (g) 102	Fat 脂肪 (g) 19