

## Weekly Menu 25 Nov~29 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 炒时蔬 Vegetable Sticks 蔬菜条 <u>Allergy: wheat, cheese</u>	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 <u>Allergy: beef, soy sauce</u>	Chicken Curry 咖喱鸡排 Plain Rice 米饭 Vegetable Sticks 蔬菜条 <u>Allergy: wheat, soy sauce</u>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <u>Allergy: wheat, soy sauce</u>	Fish and Chips 鱼条薯条 Vegetable Sticks 蔬菜条 <u>Allergy: wheat</u>
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 2 Dec~6 Dec

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Stir Fried Cauliflower with Egg 番茄鸡蛋菜花 Sweet Corn 玉米粒 Vegetable Sticks 蔬菜条 <u>Allergy: soy sauce, egg</u>	Stir Fried Chicken with Broccoli 西兰花炒鸡肉" Vegetable Sticks 蔬菜条 Plain Rice 米饭 <u>Allergy: soy sauce</u>	Pork Rolls 肉龙 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 <u>Allergy: wheat, soya sauce</u>	Chicken Burger 鸡肉汉堡 Sweet Corn and Vegetables 玉米粒炒蔬菜 Vegetable Sticks 蔬菜条 <u>Allergy: wheat</u>	Macaroni Bolognese 牛肉通心面 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 <u>Allergy: wheat</u>
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