

Weekly Menu 09 ~13 Dec

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 <u>Allergy: wheat, cheese</u>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, soya sauce</u>	Spaghetti Bolognese 番茄肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: beef, cheese</u>	Hamburger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat, soya sauce</u>	Chicken Finger 炸鸡条 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: breadcrumb</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) 716	Protein 蛋白质 (g) 25	Carbohydrate 碳水 (g) 106	Fat 脂肪 (g) 22

Weekly Menu 06 ~ 10 Jan

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Macaroni and Cheese 芝士小弯面 Stir fry Vegetable 炒蔬菜 <u>Allergy: soya sauce, wheat</u>	Pork Dumplings 猪肉水饺 Stir fry Corn 炒玉米粒 <u>Allergy: soya sauce, wheat</u>	Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒蔬菜 <u>Allergy: soy sauce, breadcrumb</u>	Hot Dog 热狗 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat</u>	Chicken Quesadilla 鸡肉芝士饼 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</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) 720	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 102	Fat 脂肪 (g) 23