

SCHOOL MENU





















Soy Alert 含大豆









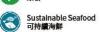


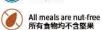


	MONDAY	Tuesday	Wednesday	Thursday	Friday
	6 NoV	7 NoV	8 Nov	9 Nov	10 NoV
<u>Meal</u> A	Vegetarian Enchiladas with Herbs Potatoes	Japanese Curry Chicken with Brown Rice	Tuna & Cheese Pizza	Honey Glazed BBQ Pork with Rice	Orange Teriyaki Pork with Rice
<u>Meal</u> B	Steamed Egg & Mushroom with Brown Rice	Baked Fish with Tomato Salsa with Rice	Chicken Cacciatore with Brown Rice	Braised Beef and Turnip in Chu Hou Sauce with Rice	Chicken Chop Suey with Rice
<u>Meal</u> C √	Vegetarian Lasagne	Mushroom & Onion Frittata with Potato	Braised Glass Noodles with Assorted Veg & Shredded Eggs	Chickpea & Tomato Tagine with Mixed Grain Rice	VEGAN Garlic Herb Broccoli & Zucchini Pasta













Dairy Alert 含奶類













		Monday	Tuesday	Wednesday	Thursday	Friday
ļ		13 NoV	14 Nov	15 NoV	16 Nov	17 Nov
	<u>Meal</u> A	Pan Fried Fish in Sweet Corn & Egg Sauce with Rice	Tandoori Chicken with Brown Rice	Mushroom & Ham Pizza	Garlic Chicken with Mashed Potato	Steamed Shiitake & Chicken with Brown Rice
	<u>Meal</u> B	Pork Goulash with Pasta	Stir Fried Long Beans & Minced Pork with Rice	Baked Pork Chop with Tomato Sauce & Rice	Chinese Steamed Fish with Black Bean Sauce &Rice	Sweet & Sour Pork with Brown Rice
	<u>Meal</u> C √	Thai Coconut Lentil Curry with Brown Rice	Broccoli & Cheese Courgettes with Tomato Penne	Mushroom & Onion Frittata with Rice	Shanghai Style Fried Noodle with Dried Bean Curd & Vegetables	VEGAN Moroccan Chickpea Stew with Couscous























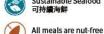














Dairy Alert 含奶類

Soy Alert 含大豆















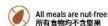


































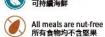
Lunch Menu December 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
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<u>Meal</u> A					Chicken Cacciatore with Brown Rice
<u>Meal</u> B					Stir Fried Pork Loin with Zucchini & Fungus with Rice
<u>Meal</u> C √					VEGAN Braised Enoki Mushroom & Tofu with Rice

























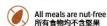
Lunch Menu December 2023









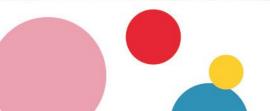








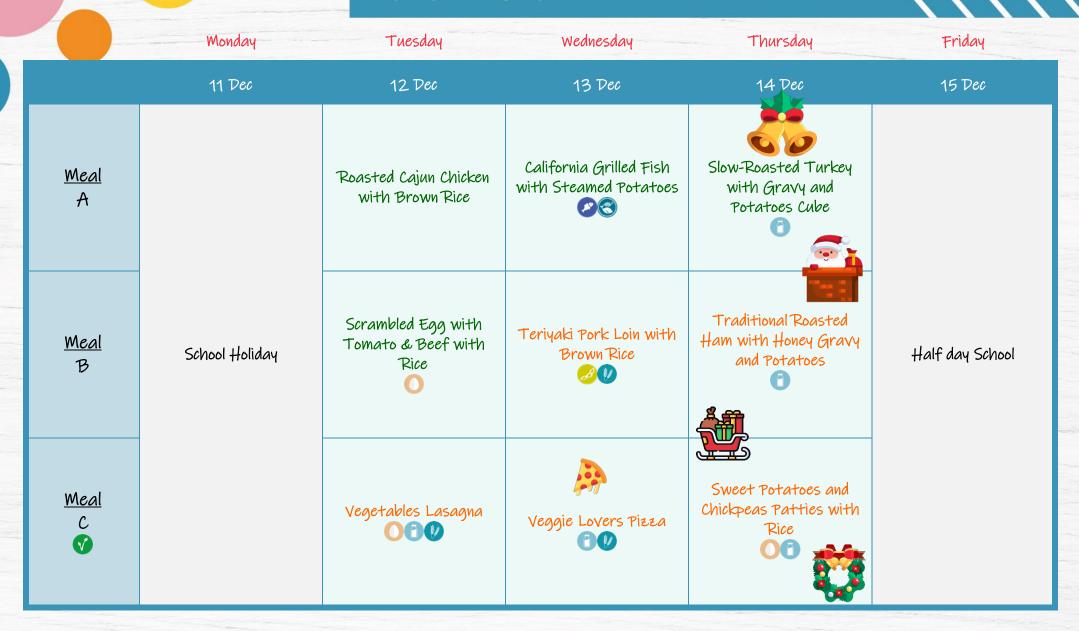






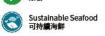


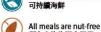
Lunch Menu December 2023















Soy Alert 含大豆



Fish Alert 含魚類







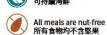


	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	8 Jan	9 Jan	10 Jan	11 Jan	12 Jan
<u>Meal</u> A	Lentil & Vegetables Cottage Pie	Steamed Fish with Ginger & Spring Onion with Rice	La Reine Pizza (Ham, Mozzarella & Mushroom)	Beef Stroganoff with Pasta	Stir-fried Leek & Pork with Brown Rice
<u>Meal</u> B	Chunky Vegetables & Red Kidney Beans with Pasta	Pineapple Roasted Pork Loin with Herbs Potatoes	Stir-Fried Chicken with Zucchini, Black Fungus & Mixed Grain Rice	Japanese Chicken Curry with Rice	Macau Style Portuguese Chicken with Rice
<u>Meal</u> C √	Braised Enoki Mushroom & Tofu with Rice	Pesto Roasted Veggie with Tomato Couscous & Cheese	Braised Tofu with Mixed Grain Rice	Vegetable Frittata with Sweetcorn	VEGAN Thai Vegetables & Lentil Curry with Rice



























	Monday	Tuesday	Wednesday	Thursday	Friday
	15 Jan	16 Jan	17 Jan	18 Jan	19 Jan
<u>Meal</u> A	Steamed Fish in Black Bean Soy Sauce with Brown Rice	Pork Goulash with Rice	Americano Pizza (Pepperoni, Sweetcorn, Mushrooms)	Honey Glazed BBQ Pork with Brown Rice	Italian Style Fish Fillet with Tomato Sauce & Olives with Rice
<u>Meal</u> B	Grilled Tuscan Rosemary Lemon Chicken with Baked Potatoes	Nasi Goreng	Lemon Herbed Roasted Chicken with Pasta	Yakitori Chicken with Rice	Gaeng Pa Gai(Thai Jungle Curry with Chicken) with Rice
<u>Meal</u> C √	Stir Fried Tomato & Scrambled Egg with Rice	Broccoli & Cheese Courgettes with Tomato Penne	Stir Fried Rice Noodles with Vegetables & Shredded Eggs	Vegetarian Ma-Po Tofu with Mixed Rice	VEGAN Japanese Style Grilled Eggplant with Rice























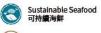


	Monday	Tuesday	Wednesday	Thursday	Friday
	22 Jan	23 Jan	24 Jan	25 Jan	26 Jan
<u>Meal</u> A	Pork Schnitzel with French Fries	Roasted Cajun Chicken with Brown Rice	California Grilled Fish with Steamed Potatoes	Braised Tomato, Onion and Chicken with Brown Rice	Chicken Paprika & Herbs with Rice
<u>Meal</u> B	Tandoori Chicken with Brown Rice	Scrambled Egg with Tomato & Beef with Rice	BBQ Pork Loin with Brown Rice	Pork in Black Vinegar with Rice	Beef Burgundy with Pasta
<u>Meal</u> C √	Chinese Style Steamed Egg & Mushroom with Rice	Vegetables Lasagna	Classic Margherita Pizza (Tomato, Basil, Mozzarella)	Braised Glass Noodles with Assorted Vegetables & Shredded Eggs	VEGAN Stir-Fried Udon with Assorted Vegetables & Bean Curd



























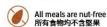
















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