

SCHOOL MENU







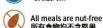


































	Monday	Tuesday	Wednesday	Thursday	Friday
	6 Nov	7 Nov	8 Nov	9 Nov	10 Nov
<u>Meal</u> A V	Stir Fried Wild Mushroom, Onion & Green Bean with Rice 洋蔥四季豆炒野菌配飯	Vegetarian Egg Foo Yung with Rice 素芙蓉蛋配飯		Stir Fried Veggie Chicken with Celery & Black Fungus 西芹雲耳炒素雞配飯	Braised Chickpeas and Tomato w/Rice 番茄燴雞心豆配飯
<u>Meal</u> B	Baked Rice & Chicken with Onion Gravy 焗洋葱雞肉飯	Meat Balls with Tomato Sauce with Spaghetti 意式番茄肉丸配意粉	Sports Day	Baked Tuna Macaroni and Cheese 焗芝士吞拿魚通粉	Jumbo Hot Dog with Wedges 珍寶熱狗配薯角
<u>Meal</u> C	Yeung Chow Fried Rice (No Seafood) 楊州炒飯 (不含海鲜)	Fish Fillet in Egg and Sweet Corn Sauce with Rice 滑蛋粟米魚柳配飯		Tomato & Pork Meat with Rice 鲜茄肉片配飯	Stir-fried Rice Noodles with Mince Beef 干炒牛肉碎河

















Fish Alert 含魚類







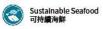


	Monday	Tuesday	Wednesday	Thursday	Friday
	13 Nov	14 Nov	15 NoV	16 Nov	17 Nov
<u>Meal</u> A V	Braised E-Fu Noodle with Mushroom 乾燒伊麵	Egg Sandwich with Garden Corn Salad 雞蛋三文治 配田園粟米沙律	Yaki Udon Vegetables with Dried Tofu Curd 雜菜豆干炒烏冬	Assorted Veg, Carrots & Mushroom in Garlic & Rice 蒜香雜菜甘筍蘑菇配飯	Mixed Mushroomでisotto 雜菌意大利飯
<u>Meal</u> B	Baked Sole Fillet Rice with Tomato Sauce 焗鮮茄魚柳飯	Chili Con Carne with Penne (Beef) 墨西哥辣牛肉醬配 長通粉	Baked Pork Chop & Rice in Black Pepper Sauce 焗黑椒豬扒飯	Teriyaki Onion & Pork with Rice 照 燒汁洋蔥豚肉飯	Ham Cheese Croissant with Sweetcorn 芝士火腿牛角包 配粟米粒
<u>Meal</u> C	Braised Beef & White Radish with Rice 蘿蔔炆牛肉配飯	Sweet and Sour Pork with Rice 咕嚕肉飯	Braised Pumpkin Shredded Chicken with RedRice 南瓜雞絲紅米飯	Braised Potato & Chicken with Rice 薯仔炆雞配飯	Singapore Style Fried Vermicelli 星洲炒米



































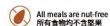




































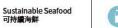






All meals are nut-free









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