

# SCHOOL MENU





聲明: 儘管我們已採取一切措施確保廚房內的交叉污染最小化,但可能會出現我們無法控制的情況,並可能改變所提供過敏原信息的準確性。因此,我們建議您不要僅僅依賴這些信息。這不會影響您的法定權利。 DISCLAMER: Whilst every care has been taken to ensure the cross contamination is minimal within our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do not rely solely on this information. This does not affect your statutory rights.

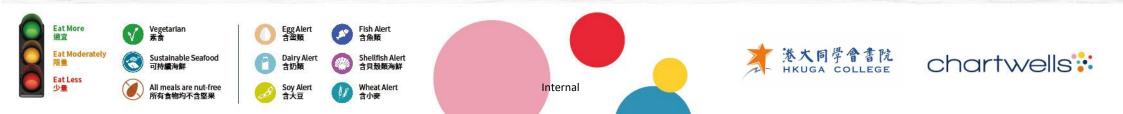




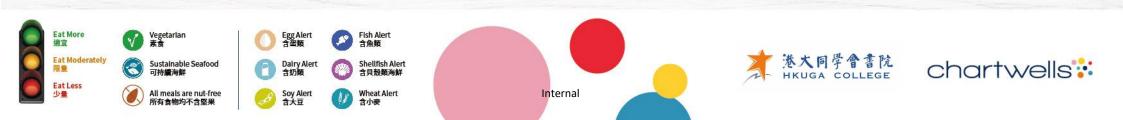




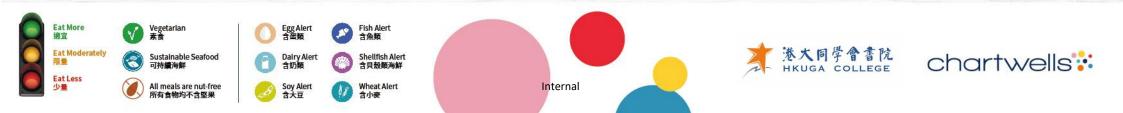
	Monday	Tuesday	Wednesday	Thursday	Friday
		DG May	07 May	08 May	D9 May
<u>Meal</u> A V	The Birthday of the Buddha 佛誕	Veggie Egg Fu Yong with Rice 素芙蓉蛋配飯 ①2010	È bish Shiitake & Lentil Bolognese with Rice 香菇蘭度豆醬配飯 ⊘	Japanese Curry with Veggies & Tofu with Rice 日式咖哩雜菜豆腐配飯 ②⑦②	Tomato & Kidney Beans Stew with Rice 意式蕃茄紅腰豆配飯
<u>Meal</u> B		Stir-fried Teriyaki Pork with Spaghetti 照燒豚肉片炒意粉	Korean Bulgogi Mixed Pearl Rice 韓式牛肉拌珍珠飯 ②⑦	Baked Tuna Macaroni and Cheese 芝士焗吞拿鱼通粉 ごごごび	Pork Chop Burger with French Fries 豬扒漢堡配薯條
<u>Meal</u> C		Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯 ②①	FiredRice Vermicelli (No Seafood) 星洲妙米 (不含海鮮)	Teriyaki Chicken with Corn Rice 日式照燒雞扒 配粟米飯 ②①	Steamed Shitake Mushroom & Chicken with Rice 冬菇蒸滑雞配飯



	Monday	Tuesday	Wednesday	Thursday	Friday
	12 May	13 May	14 May	15 May	16 May
<u>Meal</u> A V	Green Bean Omelette with Rice 豆角煎蛋配飯	Vegetarian Ham and Tomato Pasta Bake 素火腿焗番茄長通粉	Mushroom & Pea Risotto 野菌青豆意大利飯	Pesto Avocado, Carrot & Chickpea Fusilli 香草醬牛油果甘筍 鷹嘴豆螺絲粉	Hungarian Vegetable Stew with Rice 匈牙利燴雜菜配飯
<u>Meal</u> B	Baked Chicken Meatballs in Tomato Sauce Fusilli (Served with Sweet Corn) 焗西西里鲜茄雞肉丸 螺絲粉 (配粟米粒)	Cottage Pie (Mince Beef & Mashed Potato) 農舍批(牛肉醬薯蓉)	Baked Spaghetti Carbonara (Served with Sweet Corn) 焗卡邦尼意粉 (配粟米粒) (配粟米粒)	Baked Penne Bolognaise (Served with Sweet Corn) 焗肉醬長通粉 (配粟米粒) (配粟米粒)	Hawaiian Pizza with Roasted Wedges 夏威夷簿餅配烤薯角
<u>Meal</u> C	Steamed Pork Patty & Mushroom with Rice 香菇蒸肉餅配飯 愛してるの	Swiss Chicken Wing with Rice 瑞士汁雞中翼配飯	Lemon Chicken with Rice 西檸雞球配飯	Stir-fried Long Beans & Minced Pork with Brown Rice 肉碎炒四季豆配糙米飯	Nasi Goreng (Less Oil) 印尼炒飯(少油)



	Monday	Tuesday	wednesday	Thursday	Friday
	19 May	20 May	21 May	22 May	23 May
<u>Meal</u> A V	Green Burrito with Sweet Corn 墨西哥捲餅配粟米	Steamed Shiitake, Vermicelli and Egg with Rice 冬菇粉絲蒸水蛋配飯	Stir-fried Spaghetti with Tri-pepper, Mushrooms & Red Kidney Beans 彩椒野菌紅腰豆炒意粉	Cheese Baked Penne with Broccoli 焗芝士西蘭花長通粉	Malaysian Curry with Veggies & Chickpeas with Rice 馬來西亞淡咖哩 鷹嘴豆雜菜配飯
<u>Meal</u> B	Baked Pork NeckRice in Curry Sauce (Served with Sweet Corn) 焗咖喱豬頸肉飯 (配粟米粒)	Thai Beef and Coconut Curry with Rice 泰式椰汁咖喱 牛肉配飯	Pork Stroganoff & Mushroom with Rice (Served with Sweet Corn) 焗忌廉蘑菇猪肉配飯 (配粟米粒) (配粟米粒)	Chicken Alfredo with Roasted Potato and Green Bean 白汁雞肉配青豆配薯粒	Fish Burger with Sweet Corn 魚柳包配粟米粒 了 () 2 () 2 (3)
<u>Meal</u> C	Yeung Chow Fried Rice (No Seafood) 揚州炒飯 (不含海鲜)	Stir fried Pork Udon 豬肉片炒鳥冬	Korean Glass Noodles & Chicken 韓式雞肉燴粉絲	Teriyaki Chicken with Rice 日式照燒雞肉配飯	Low fat Sweetcorn & Diced Pork with Rice 低脂忌廉粟米肉粒飯



	Monday	Tuesday	Wednesday	Thursday	Friday
	26 May	27 May	28 May	29 May	30 May
<u>Meal</u> A V	Mixed Mushroom Risotto 雜菌意大利飯	Vegetarian Stir-fired Shanghai Noodles 素上海粗炒 。	Braised Rice Vermicelli with Dried Bean Curd and Mixed Vegetables 豆乾雜菜炆米粉	HK Style Stir-fried Tomato and Egg with Rice 鮮茄炒蛋配飯	Broccoli & cheddar frittata with Roasted Potatoes 西蘭花車打芝士焗蛋 伴燒薯角
<u>Meal</u> B	Baked Mac with Italian Fish Fillet (Served with Sweet Corn)	Tandoori Fish with Rice 天多利魚塊配飯	Baked Chicken Spaghetti in Curry Sauce (Served with Sweet Corn) 焗咖哩雞肉意粉 (配粟米粒) (配粟米粒)	Tuna Pasta bake (Served with Sweet Corn) 焗吞拿魚茄汁通粉 (配粟米粒) (配粟米粒)	Roasted BBQ Pork & Scrambled Egg Croissant with Grilled Veggies 叉燒炒蛋牛角包配烤雜菜
<u>Meal</u> C	Honey Soy Chicken with Rice 港式豉油雞肉配飯	Yuzu Chicken with Rice 和風柚子雞扒飯	Stir-fried Long Beans & Minced Pork with Brown Rice 肉碎炒四季豆配糙米飯	Sautéed Eucchini and Chicken with Rice 翠肉瓜炒雞柳配飯	Beef and Turnip in Chu Hau Sauce with Rice 柱侯蘿蔔牛肉配飯

