

SCHOOL MENU







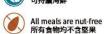


	Monday	Tuesday	Wednesday	Thursday	Friday
					1 Sep
<u>Meal</u> A ✓					Italian Aubergine Parmigiana with Mashed Potato 意式烤千層茄子配薯 蓉
<u>Meal</u> B					Spaghetti Bolognese 肉醬意粉
<u>Meal</u> C					Vietnamese Style Lemongrass Pork Chop with Rice 香茅豬扒飯







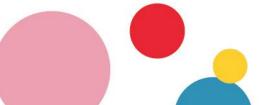
















	Monday	Tuesday	Wednesday	Thursday	Friday
	4 Sep	5 Sep	6 Sep	7 Sep	8 Sep
<u>Meal</u> A √	Roasted Bell Pepper Sandwich with Sweet Corn 雜椒三文治配粟米	Broccoli Mac & Cheese 焗芝士西蘭花通粉	Egg Sandwich with Garden Salad 雞蛋三文治 配田園沙律	Braised モ-Fu Noodle with Mushroom 乾焼伊麵	Braised Teriyaki Eggplant with Rice 照燒茄子飯
<u>Meal</u> B	Curry Pork Chop with Rice 咖哩豬扒配飯	Teriyaki Pork with Rice 日式照燒汁豚肉飯	Lettuce & Shredded Pork Mixed Rice 生炒豬肉伴飯	Chicken Burger with Sweetcorn 雞扒漢堡配粟米	Italian Beef Lasagna 意大利牛肉千層麵
<u>Meal</u> C	Stir-fried Rice Noodles with Sliced Pork 干炒肉片河	Fish Fillet in Egg and Sweet Corn Sauce with Rice 滑蛋粟米魚柳配飯	Stir-fried Beef with Leek with Red Rice 京蔥牛肉配飯	Lettuce & Shredded Beef Fried Rice 生炒牛肉飯	Portuguese Chicken with Rice 葡國雞飯











Dairy Alert 含奶類

















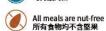
	Monday	Tuesday	Wednesday	Thursday	Friday
	11 Sep	12 Sep	13 Sep	14 Sep	15 Sep
<u>Meal</u> A ✓	Veggie Egg Fu Yong & Brown Rice 素芙蓉蛋配糙米飯	Italian Style Veg Meat with Rice 西西里素肉配飯	Tomato & Cheese Sandwich with Thai Vermicelli Salad 番茄芝士三文治 配 泰式粉絲沙律	Assorted Veg, Carrots & Mushroom in Garlic & Rice 蒜香雜菜甘筍蘑菇配 飯	Tomato & Scrambled Egg with Rice 蕃茄炒蛋配飯
<u>Meal</u> B	Pan Fried Fish Fillet with Penne in Pumpkin Sauce 香煎魚柳配南瓜汁長 通粉	Pork Goulash with Fusilli 匈牙利燴肉片配螺絲 粉	Chicken A La King with Rice 白汁雞皇飯	Pork & Cheese Burger with Sweet Corn 豬柳芝士漢堡配粟米 粒	Spaghetti Carbonara 卡邦尼意粉
<u>Meal</u> C	Honey Soy Chicken with Rice 港式豉油雞肉配飯	Stir Fried Chicken with Rice Noodles 干炒雞肉河	Braised Beef & White Radish with Rice 蘿蔔炆牛肉配飯	Steamed Shitake Mushroom & Chicken with Rice 北菇蒸雞飯	Sweet & Sour Chicken & Rice 咕嚕雞球配飯













Dairy Alert 含奶類































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	Monday	Tuesday	Wednesday	Thursday	Friday
	25 Sep	26 Sep	27 Sep	28 Sep	29 Sep
<u>Weal</u> A ✓	Steamed Shiitake, Vermicelli and Egg with Rice 冬菇粉絲蒸水蛋配飯	Braised Veggie Meat & Pumpkin w/Rice 南瓜炆素肉丸配飯	Roasted Bell Pepper Sandwich with Corn Salad 雜椒三文治 配粟米沙律	Spinach & Mushroom Frittata with Roasted Potatoes 意式菠菜蘑菇烘蛋伴 薯粒	Vegetarian BBQ Pork with Rice 素蜜汁叉燒飯
<u>Meal</u> B	Curry Beef with Spaghetti 咖哩牛肉意粉	Lemon Rosemary Fish with Rice 檸檬香草烤魚柳配飯	Braised Chicken in Portuguese Style & Rice 葡國雞飯	Fish Burger with Fries 魚柳包配薯條	Chilli Con Carne with Mac 墨西哥肉醬配通粉
<u>Meal</u> C	Nasi Goreng (Less Oil) 印尼炒飯(少油)	Stir-fried Rice Noodles with Mixed Pepper & Chicken (Less Oil) 雜椒雞絲炒河粉(少 油)	Japanese Pork Chop with Rice 日式燒汁豬扒飯	Fresh Tomato & Sliced Pork with Rice 鲜茄肉片配飯	Thai Style Pineapple Fried Rice 泰式菠蘿炒飯







