

# SCHOOL MENU









	Monday	Tuesday	Wednesday	Thursday	Friday
		3 Oct	4 Oct	5 Oct	6 Oct
<u>Meal</u> A	The Day Following China National Day	Braised Japanese Eggplant with Rice 日式燒汁茄子配飯	Egg Salad Sandwich with Sweet Corn 蛋沙律三文治配粟米粒	Braised モ-Fu Noodle with Mushroom 乾燒伊麵	Mac & Cheese with Mixed Mushroom 雜菌芝士通粉
<u>Meal</u> B		Baked Spaghetti & Duck Breast with Tomato Sauce 焗鮮茄鴨胸意粉	Miso-Caramel Fish with Rice 味噌焦糖魚柳配飯	Pork & Cheese Burger with Sweet Corn 豬柳芝士漢堡配粟米粒	Braised Pork & Apple Sauce with Rice 蘋果醬豬柳配飯
<u>Meal</u> C		Western Fried Rice 西炒飯	HK Style Stir-fried Spaghetti with Black Pepper & Beef 港式牛柳炒意粉	Spaghetti Bolognaise 肉醬意粉	Braised Potato & Chicken with Rice 薯仔炆雞配飯



























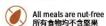














Soy Alert 含大豆

















	Monday	Tuesday	Wednesday	Thursday	Friday
	16 Oct	17 Oct	18 Oct	19 Oct	20 Oct
<u>Meal</u> A	Italian Aubergine Parmigiana with Pasta 意式烤千層茄子配意粉	Italian Style Veg Meat with Rice 西西里素肉配飯	Roasted Bell Pepper Sandwich with Sweet Corn 雜椒三文治配粟米粒	Assorted Veg, Carrots & Mushroom in Garlic & Rice 蒜香雜菜甘筍蘑菇配飯	Staff Development Day
<u>Meal</u> B	Teriyaki Onion & Pork with Rice 照燒洋蔥豚肉飯	Napoleon Spaghetti 拿破崙意粉	Baked Macaroni with Sweet Corn & Tuna 焗粟米吞拿魚芝士通粉	Chicken Burger with Sweet Corn 雞扒漢堡配粟米粒	
<u>Meal</u> C	Braised Beef & White Radish with Rice 蘿蔔炆牛肉配飯	Sweet and Sour Pork with Rice 咕噜肉飯	Braised Pumpkin Pork with RedRice 南瓜肉片紅米飯	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯	







