

SCHOOL MENU







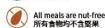
















Dairy Alert 含奶類















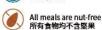
	Monday	Tuesday	Wednesday	Thursday	Friday
	08 Jan (S1-S5)	9 Jan (S1-S5)	10 Jan (S1-S5)	11 Jan (S1-S3)	12 Jan (S1-S3)
<u>Meal</u> A ✓	Italian Style Veg Meat with Macaroni 西西里素肉配通粉	Vegetarian Egg Foo Yung with Rice 素芙蓉蛋配飯	Braised E-Fu Noodle with Mushroom 乾燒伊麵	Stir Fried Veggie Chicken with Celery & Black Fungus 西芹雲耳炒素雞配飯	Scrambled Egg with Green Bean & Rice 豆角粒炒蛋配飯
<u>Meal</u> B	Baked Rice & Chicken with Onion Gravy 焗洋葱雞肉飯	Baked Japanese Curry Chicken with Spaghetti 焗日式咖哩雞配意粉	Meat Balls with Tomato Sauce with Spaghetti 意式番茄肉丸配意粉	Italian Beef Lasagna 意大利牛肉千層麵	Jumbo Hot Dog with Wedges 珍寶熱狗配薯角
<u>Meal</u> C	Western Fried Rice 西炒飯	Braised Beef & White Radish with Rice 蘿蔔炆牛肉配飯	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	Portuguese Chicken with Rice 葡國雞飯































	Monday	Tuesday	Wednesday	Thursday	Friday
	15 Jan (S1-S3)	16 Jan (S1-S3)	17 Jan (S1-S3)	18 Jan (S1-S3)	19 Jan (S1-S3)
<u>Meal</u> A ✓	Tomato & Scrambled Egg with Rice 蕃茄炒蛋配飯	Japanese Style Braised Enoki Mushroom & Tofu with Rice 日式金菇豆腐飯	Assorted Veg, Carrots & Mushroom in Garlic & Rice 蒜香雜菜甘筍蘑菇配飯	Spinach & Mushroom Frittata with Roasted Potatoes 意式菠菜蘑菇 烘蛋伴薯角粒	Mixed Mushroomでisotto 雜菌意大利飯
<u>Meal</u> B	Baked Spaghetti Carbonara 焗卡邦尼意粉	Baked Cream Sauce & Seafood with Rice 焗白汁海鮮飯	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 Wedges 芝士火腿牛角包 配薯角 ☑️️☐
<u>Meal</u> C	Sweet & Sour Chicken & Rice 咕嚕雞球配飯	Lemongrass Pork Chop with Rice 香茅豬扒配飯	Stir-friedRice Noodles with Sliced Pork 干炒肉片河	Braised Potato & Chicken with Rice 薯仔炆雞配飯	Nasi Goreng (Less Oil) 印尼炒飯(少油)









































Dairy Alert 含奶類

























