

SCHOOL MENU







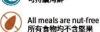


Monday Thursday Friday Tuesday Wednesday 01 Mar Italian Aubergine Meal Parmigiana with Rice A 意式烤千層茄子配飯 Chicken Burger with Meal Potato 雞扒漢堡配薯粒 B 8 11 Vietnamese Style Lemongrass Pork Chop <u>Meal</u> with Rice 香茅豬扒飯





















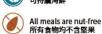


	Monday	Tuesday	Wednesday	Thursday	Friday
	04 Mar	05 Mar	06 Mar	07 Mar	08 Mar
<u>Meal</u> A √	Veggie Egg Fu Yong & Brown Rice 素芙蓉蛋配糙米飯	Green Burrito with Sweet Corn 墨西哥紅腰豆捲餅配粟米	Italian Style Veg Meat with Rice 西西里素肉配飯	Assorted Veg, Carrots, Mushroom & Dried Bean Curd in Garlic & Rice 蒜香雜菜甘筍蘑菇豆乾 配飯	Tomato & Scrambled Egg with Rice 蕃茄炒蛋配飯
<u>Meal</u> B	Baked Fish Fillet with Penne in Pumpkin Sauce 焗魚柳配南瓜汁長通粉	Baked Tomato & Pork with Rice 焗鮮茄肉片配飯	Shogayaki Pork Ginger with Rice 薑汁燒豬肉飯	Baked Wac Carbonara 焗卡邦尼通粉	Hawaiian Pizza with Potato Wedges 夏威夷簿餅配薯角
<u>Meal</u> C	Stir Fried Beef with Rice Noodles (Less Oil) 干炒牛肉河 (少油)	Honey Soy Chicken with Rice 港式豉油雞肉配飯	Sweet and Sour Fish with Rice 糖醋魚柳配飯	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















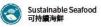


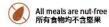
	Monday	Tuesday	Wednesday	Thursday	Friday
	11 Mar	12 Mar	13 Mar	14 Mar	15 Mar
<u>Meal</u> A ♥	Egg Sandwich with Fruit Cup 雞蛋三文治配生果杯	Braised Veggie Meat & Pumpkin w/Rice 南瓜炆素肉丸配飯	Garlic Mixed Vegetables & Bean Curd Mixed Rice 蒜香雜菜豆乾拌飯	Vegetarian Lasagne 雜菜千層麵	Vegetarian BBQ Pork with Rice 素蜜汁叉燒飯
<u>Meal</u> B	Baked Rice & Pork with Onion Gravy 焗洋葱汁雞肉飯	Baked Tuna Macaroni and Cheese 焗芝士吞拿魚通粉	Braised Chicken in Portuguese Style & Rice (Without Coconut milk, with low fat milk) 葡國雞飯 (不含椰奶, 配低脂奶)	Baked Pork Rice in Curry Sauce 焗咖哩肉片飯	Fish Burger with Fries 魚柳包配薯條
<u>Meal</u> C	Pan-fried Fish Fillet in Egg and Sweet Corn Sauce with Rice 滑蛋粟米煎魚柳配飯	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	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯 多少	Thai Style Pineapple Fried Rice 泰式菠蘿炒飯















Dairy Alert 含奶類



























Soy Alert 含大豆













