

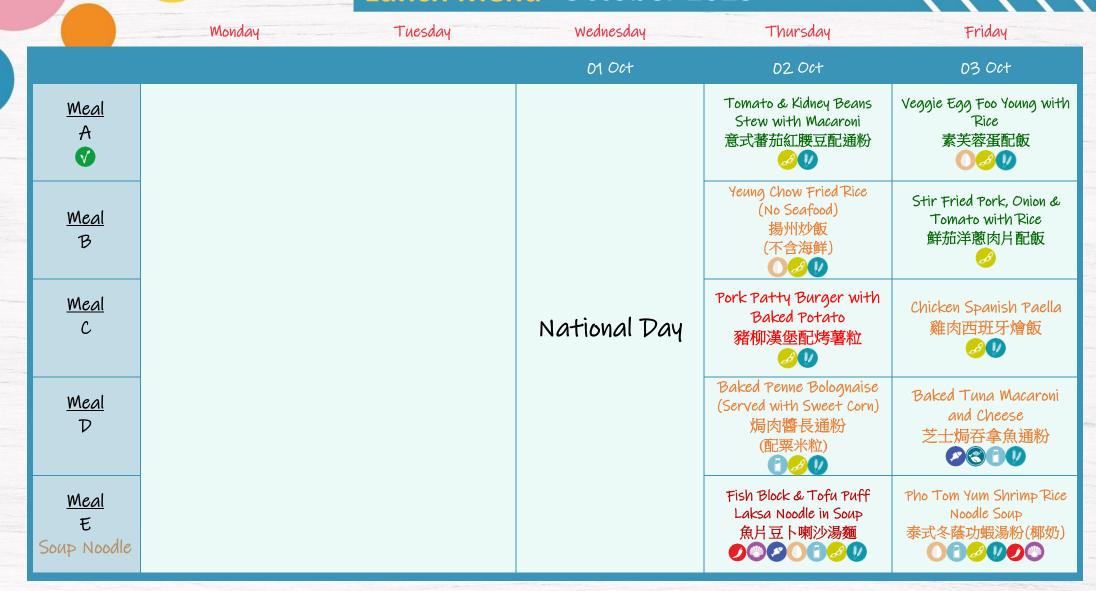
SCHOOL MENU











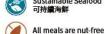
Meal E Soup noodles will be available at the Tuck Shop during lunchtime only.

E 餐湯麵只在午餐時段在小食部提供.











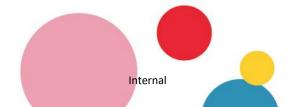
















	Monday	Tuesday	Wednesday	Thursday	Friday
	06 Oct	07 Oct	08 Oct	09 Oct	10 Oct
<u>Meal</u> A ✓	Green Bean Omelette with Rice 豆角煎蛋配飯	Day after Mid- Autumn Festival	Mushroom & Pea Risotto 野菌青豆意大利飯	Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕嚕素肉丸配糙米飯	Hungarian Vegetable Stew with Rice 匈牙利燴雜菜配飯
<u>Meal</u> B	Swiss Chicken with Rice 瑞士汁雞球配飯		Steamed Mushroom & Pork Patty with Rice 冬菇蒸肉餅配飯	Pork Cartilage with Rice 紅燒豬軟骨配飯	Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯
<u>Meal</u> C	Tomato & Meatballs Mac 西西裡鮮茄肉丸通粉		Pork Stroganoff & Mushroom with Mac 忌廉蘑菇豬肉配通粉	Hot Dog with Roasted Wedges 熱狗配烤薯角	Stir fried Beef Udon 牛肉片炒烏冬
<u>Meal</u> D	Baked Curry Pork Chop & Onion with Rice 焗洋蔥豬扒飯		Cottage Pie (Minced Beef & Mashed Potato) 農舍批(牛肉醬薯蓉)	Baked Spaghetti Bolognese (Beef) with Mixed Vegetables 焗肉醬意粉(配雜菜粒)	Baked Smoked Duck Breast & Pumpkin Rice 焗煙鴨胸南瓜飯
Meal E Soup Noodle	Soup Noodle with Beef Brisket and Turnip in Chu Hau Sauce 柱侯蘿蔔牛腩麵		Scallop Tempura in Udon Soup 吉列炸帶子烏冬	Lemongrass Chicken in Vermicelli Soup 香茅雞絲檬粉	Tomato & Minced Pork in Rice Vermicelli Soup 蕃茄肉碎湯米粉

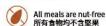
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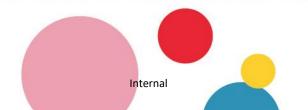












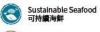


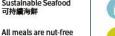


	13 Oct	14 Oct	15 Oct	16 Oct	17 Oct
<u>Meal</u> A √	Broccoli Mac & Cheese 焗芝士西蘭花通粉	Veggie Chicken Steak& Mushroom Burger with Sweet Potato Fries 蘑菇素雞扒漢堡配番薯條	Stir-fried Spaghetti with Tri-pepper, Mushrooms & Red Kidney Beans 彩椒野菌紅腰豆炒意粉	Steamed Shiitake, Vermicelli and Egg with Rice 冬菇粉絲蒸水蛋配飯	Broccoli & cheddar frittata with Roaste Potatoes 西蘭花車打芝士焗蛋 伴燒薯粒
<u>Meal</u> B	Braised Potato & Chicken with Rice 薯仔炆雞配飯	Thai Style Pineapple & Chicken Fried Rice (Less Oil) 泰式菠蘿雞肉炒飯 (少油)	Korean Glass Noodles & Chicken 韓式雞肉燴粉絲	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯	Low fat Sweetcorn & Diced Pork with Rice 低脂忌廉粟米肉粒飯
<u>Meal</u> C	Korean Beef Bibimbap 韓式牛肉拌飯	Kazakhstan Pork Chakhokhbili with Rice 哈薩克蕃茄香草燉豬配飯	Miso-Caramel Glazed Sole With Rice 味噌焦糖龍脷柳配飯	Hawaiian Pizza with Roasted Wedges 夏威夷簿餅配烤薯角	Tomato & Meatball wit Spaghetti 意式番茄肉丸意粉
<u>Meal</u> D	Fujian Fried Rice 福建炒飯	Baked Rice & Duck Breast with Tomato Sauce 焗鮮茄鴨胸飯	Baked Spaghetti Carbonara (Mushrrom) 焗卡邦尼蘑菇意粉	Chicken Spanish Paella 雞肉西班牙燴飯	Tuna Pasta bake (Served with SweetCorn) 焗吞拿魚茄汁通粉 (配粟米粒)
Meal E oup Noodle	Crab Stick & Fish Cake in Garlic Ramen Soup 蟹柳魚餅蒜香拉麵	Tomato Beef in Soup Noodle 番茄牛肉湯麵	Japanese Chicken Soup Udon 唐揚雞肉湯烏冬	Hong Kong Style Wonton Noodle Soup 鮮蝦雲吞麵	Duck Breast and Macaroni in Tomato Sou 煙鴨胸羅宋湯通心粉























	Monday	Tuesday	Wednesday	Thursday	Friday
	20 Oct	21 Oct	22 Oct (ASA Students or Teachers Only)	23 Oct	24 Oct
<u>Meal</u> A ✓	Mixed Vegetable & Tamagoyaki Mixed Udon 雜菜玉子燒拌烏冬	Mixed Mushroom Risotto 雜菌意大利飯	Sustainable Dish Green Burrito with Sweet Corn 墨西哥捲餅配粟米	Pesto Avocado, Carrot & Chickpea Fusilli 香草醬牛油果甘筍鷹嘴豆 螺絲粉	Vegetarian Neapolita Pizza with Fries 拿坡里簿餅配薯條
<u>Meal</u> B	Tandoori Fish with Brown Rice 印度天多利魚塊 配糙米飯	Beef Curry with Carrot Rice 咖哩牛肉跟甘筍飯	Lemon Chicken with Brown Rice 香草檸檬烤雞配糙米飯	Vietnamese Lemongrass Porkchop with Red Rice 越式香茅豬扒配紅米飯	Minced Pork & Mushroom in Steam Egg with Rice 肉碎香菇蒸水蛋配飽
<u>Meal</u> C	Nasi Goreng (Less Oil) 印尼炒飯(少油)	Pork Sausage and Mashed Potato 烤豬肉腸配薯蓉	Pork Stroganoff with Rice 俄羅斯忌廉豬肉配飯	Fish Burger with Sweet Corn 魚柳包配粟米粒	Pumpkin Beef Stew Pasta 南瓜燴牛肉意粉
<u>Meal</u> D	Steamed Shitake Mushroom & Chicken with Rice 盅頭冬菇蒸滑雞蒸飯	Baked Portuguese Seafood & Pumpkin with Rice (with coconut milk) 焗葡汁海鮮南瓜配飯 (含椰奶)	Steamed Chicken Feet & PorkRibs withRice 盅頭鳳爪排骨蒸飯	Baked Hungarian Braised Beef Stew with Rice 焗匈牙利牛肉配飯	Baked Chicken & Rice Black Pepper Sauce (Spicy) 焗黑椒雞扒飯(辣)
<u>Meal</u> E Soup Noodle	Japanese Pork Sukiyaki Ramen 豚肉壽喜燒湯拉麵	Vietnamese Style Pork Neck with Rice Noodle 越式豬頸肉河粉	Scallop Tempura in Udon Soup 吉列炸帶子烏冬	Lemongrass Chicken Wing with Ho Fun in Soup 越式香茅雞翼湯河粉	Soup Noodle with Bee Brisket and Turnip in Chu Hau Sauce 柱侯蘿蔔牛腩麵

Internal







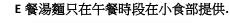
















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