

# SCHOOL MENU









	Monday	Tuesday	Wednesday	Thursday	Friday
	05 Jan	06 Jan	07 Jan	08 Jan	09 Jan
<u>Meal</u> A <b></b> ✓	Broccoli & cheddar frittata with Roasted Potatoes 西蘭花車打芝士焗蛋 伴燒薯粒	Veggie Egg Fu Yong with Rice 素芙蓉蛋配飯	Shiitake & Lentil Bolognese with Rice 香菇蘭度豆醬配飯	Japanese Curry with Veggies & Tofu with Rice 日式咖哩雜菜豆腐配飯	Tomato & Kidney Beans Stew with Rice 意式蕃茄紅腰豆配飯
<u>Meal</u> B	Yeung Chow Fried Rice 揚州炒飯	Western Fried Rice (Less Oil) 西炒飯 (少油)	Singaporean Style Fried Rice Vermicelli 星洲炒米	Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯	Teriyaki Chicken with Corn Rice 日式照燒雞扒 配粟米飯
<u>Meal</u> C	Japanese Yuzu Roasted Chicken with Rice 和風柚子雞肉飯	Stir-fried Teriyaki Pork with Spaghetti 照燒豚肉片炒意粉	Beef Bourguignon with Rice 法式燴牛肉飯	Pork Patty Burger with French Fries 豬柳漢堡配薯條	Japanese Teriyaki Pork & Konjac Egg Rice 日式蒟蒻豚肉蛋飯
<u>Meal</u> D	Baked Tuna Macaroni and Cheese (Served with Sweet Corn) 芝士焗吞拿魚通粉 (配粟米粒)	Steamed Shitake Mushroom & Chicken with Rice 原盅蒸冬菇滑雞飯	Red Curry Seafood with Fried Spaghetti (Spicy) 紅咖喱海鮮炒意粉(辣)	Baked Penne Bolognaise (Served with Sweet Corn) 焗肉醬長通粉 (配粟米粒)	Baked Pasta Carbonara (Served with Sweet Corn) 焗卡邦尼意粉 (配粟米粒)
Meal E Soup Noodle	Scallop Tempura in Udon Soup 吉列炸帶子烏冬	Crab Stick & in Garlic Ramen Soup 蒜香蟹柳拉麵	Duck Breast and Macaroni in Tomato Soup 煙鴨胸羅宋湯通心粉	Tomato Pork in Soup Noodle 番茄肉片湯麵	Fish Block & Tofu Puff Laksa Noodle in Soup 魚片豆卜喇沙湯麵

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.













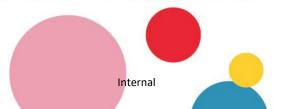
















	Monday 12 Jan (S1-3 Only)	Tuesday 13 Jan (S1-3 Only)	Wednesday 14 Jan (S1-3 Only)	Thursday  15 Jan (S1-3 Only)	Friday 16 Jan (S1-3 Only)
<u>Meal</u> A <b>√</b>	Green Bean Omelette with Rice 豆角煎蛋配飯	Pesto Avocado, Carrot & Chickpea Fusilli 香草醬牛油果甘筍 鷹嘴豆螺絲粉	Mushroom & Pea Risotto 野菌青豆意大利飯	Vegetarian Ham and Tomato Pasta Bake 素火腿焗番茄長通粉	Hungarian Vegetable Stew with Spaghetti 匈牙利燴雜菜配意粉
<u>Meal</u> B	Steamed Pork Patty & Mushroom with Rice 香菇蒸肉餅配飯	Swiss Chicken with Rice 瑞士汁雞肉配飯	Lemon Chicken with Rice 西檸雞球配飯	BBQ pork with Brown Rice 蜜汁叉燒配糙米飯	Nasi Goreng (Less Oil) 印尼炒飯(少油)
<u>Meal</u> C	Chicken Meatballs in Tomato Sauce Fusilli 西西里鲜茄雞肉丸 螺絲粉	Shredded Pork in Portuguese Sauce with Rice 葡汁豬肉絲飯	Cottage Pie (Minced Pork & Mashed Potato) 農舍批(豬肉醬薯蓉)	Hot Dog with Roasted Wedges 熱狗配烤薯角	Carbonara Spaghetti 卡邦尼炒意粉
<u>Meal</u> D	Baked Curry Pork Chop & Onion with Rice (Spicy) 焗咖哩洋蔥豬扒飯(辣)	Steamed Rice with Chicken and Dried Octopus 原盅蒸章魚雞粒飯	Pork Stroganoff & Mushroom with Rice 焗忌廉蘑菇豬肉配飯	Baked Chicken in Black Pepper Sauce with Rice (Served with Sweet Corn)  焗黑椒雞肉配飯 (配栗米粒)	Baked Smoked Duck Breas & Pumpkin Rice 焗煙鴨胸南瓜飯
<u>Meal</u> E Soup Noodle	Soup Noodle with Beef Brisket and Turnip in Chu Hau Sauce 柱侯蘿蔔牛腩麵	Fish Balls Mai Sin in Tomato Fish Soup 魚蛋蕃茄魚湯米線	Korean Beef Noodle Soup 韓式雞肉湯麵	Grilled Pork Chop Vermicelli 香茅豬扒檬粉	Tomato & Minced Pork iv Rice Vermicelli Soup 蕃茄肉碎湯米粉

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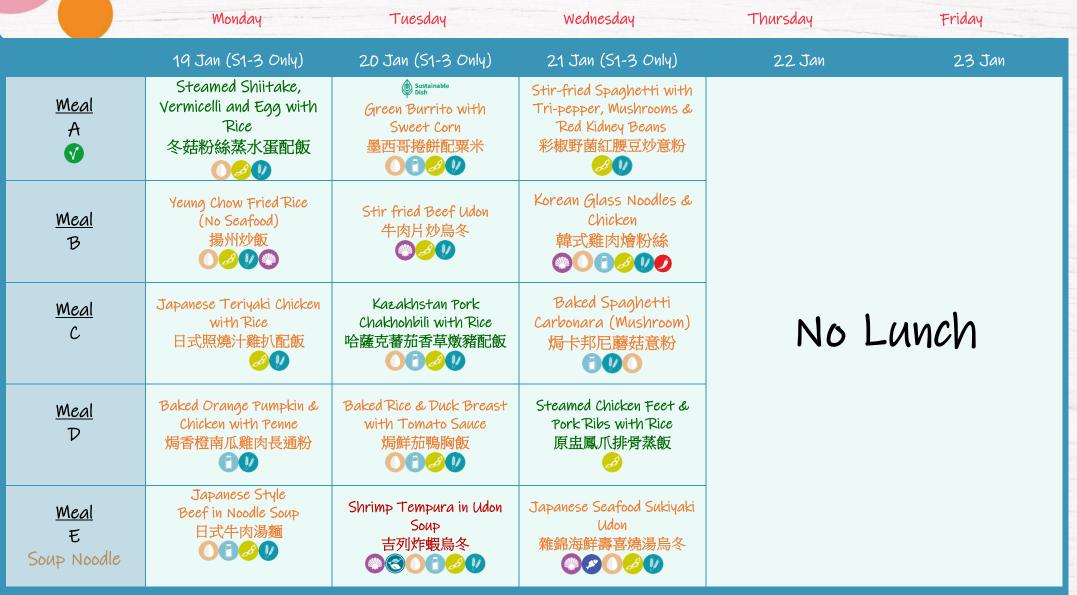












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Vegetarian



所有食物均不含堅果







Egg Alert





Fish Alert









	Monday	Tuesday	Wednesday	Thursday	Friday
	26 Jan	27 Jan	28 Jan	29 Jan	30 Jan
<u>Meal</u> A <b>♂</b>		No Lunch		HK Style Stir-fried Tomato and Egg with Rice 鮮茄炒蛋配飯	Vegetarian Stir-fried Shanghai Noodles 素上海粗炒
<u>Meal</u> B				Vietnamese Lemongrass Porkchop with Red Rice 越式香茅豬扒配紅米飯	Minced Pork & Mushroom in Steam Egg with Rice 肉碎香菇蒸水蛋配飯
<u>Meal</u> C				Fish Burger with Sweet  Corn  魚柳包配粟米粒  ② ② U ②	Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯
<u>Meal</u> D				Fujian Fried Rice 福建炒飯	Baked Chicken & Rice in Black Pepper Sauce (Spicy) 焗黑椒雞扒飯(辣)
Meal E Soup Noodle			Lemongrass Chicken Wing with Ho Fun in Soup 越式香茅雞翼湯河粉	Soup Noodle with Beef Brisket and Turnip in Chu Hau Sauce 柱侯蘿蔔牛腩河	

Internal



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Vegetarian 素養
Figs Alert 含無類

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