

SCHOOL MENU









	MONDAY	Tuesday	Wednesday	Thursday	Friday
	3 June	4 June	5 June	6 June	7 June
<u>Meal</u> A	Lentil & Vegetables Cottage Pie	Steamed Fish with Ginger & Spring Onion with Rice	La Reine Pizza (Ham, Mozzarella & Mushroom)	Stir-fried Leek & Pork with Brown Rice	Baked Fish Fillet & Parsley Crust With Brown Rice
<u>Meal</u> B	Chunky Vegetables & Red Kidney Beans with Pasta	Pineapple Roasted Pork Loin with Herbs Potatoes	Japanese Chicken Curry with Rice	Beef Burgundy with Mash Potatoes	Grilled Tuscan Rosemary Lemon Chicken with Baked Potato
<u>Meal</u> C ▼	Braised Enoki Mushroom & Tofu with Rice	Pesto Roasted Veggie with Tomato Couscous & Cheese	Vegetable Frittata with Sweetcorn	Thai Vegetables & Lentil Curry with Rice	VEGAN Vegetable Roll in Fresh Tomato Sauce with Rice













Dairy Alert 含奶類

Soy Alert 含大豆

















	Monday	Tuesday	Wednesday	Thursday	Friday
	10 June	11 June	12 June	13 June	14 June
<u>Meal</u> A	Tuen Ng Festival	Pork Goulash with Rice	Americano Pizza (Pepperoni, Sweetcorn, Mushrooms)	Italian Style Fish Fillet with Tomato Sauce & Olives with Rice	Pork Schnitzel with Rice
<u>Meal</u> B		Nasi Goreng	Lemon Herbed Roasted Chicken with Pasta	Gaeng Pa Gai(Thai Jungle Curry with Chicken) with Rice	Tandoori Chicken with Brown Rice
<u>Meal</u> C V		Broccoli & Cheese Courgette with Tomato Penne	Vegetarian Ma- Po Tofu with Mixed Rice	Stir Fried Rice Noodles with Vegetables & Shredded Eggs	VEGAN Japanese Style Grilled Eggplant with Rice























	Monday	Tuesday	Wednesday	Thursday	Friday
	17 June	18 Јипе	19 June	20 June	21 June
<u>Meal</u> A	Roasted Cajun Chicken with Brown Rice	California Grilled Fish with Steamed Potato	Braised Tomato, Onion, and Chicken with Brown Rice	Chicken Paprika & Herbs with Rice	Steamed Black Fungus & Chicken with Rice
<u>Meal</u> B	Scrambled Egg with Tomato & Beef with Rice	Sweet and Sour Pork with Brown Rice	Beef Burgundy with Pasta	Pork in Black Vinegar with Rice	Lemongrass Pork Chop with Rice Vermicelli with Shredded Carrots
<u>Meal</u> C √	Vegetables Lasagna	Braised Glass Noodles with Assorted Vegetables & Shredded Eggs	Margherita Pizza (Tomato, Basil, Mozzarella)	Chinese Style Steamed Egg & Mushroom with Rice	VEGAN Stir-Fried Udon with Assorted Vegetables & Bean Curd

























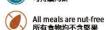














Dairy Alert 含奶類















