

SCHOOL MENU







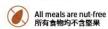


	Monday	Tuesday	Wednesday	Thursday	Friday
			1 May	2 May	3 May
<u>Meal</u> A				Sweet Corn Chicken Mac & Cheese	Stewed Chicken Enoki & Egg Tofu with Rice
<u>Meal</u> B			Labour Day Holiday	Salt & Pepper Pork Chop with Rice	Grilled Fish in Tomato & Onion Sauce with Penne
<u>Meal</u> C ▼				Stir Fried Mixed Bell Pepper, Celery & Bean Curd with Rice	VEGAN Stewed Pumpkin Beans and Herbs with Mashed Potato





















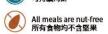


	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	6 May	7 May	8 May	9 May	10 May
<u>Meal</u> A	Braised Enoki Mushroom & Tofu with Rice	Mixed Pepper, Pineapple and Chicken with Rice	Diced Pork Steamed with Pumpkin in Black Bean Sauce with Rice	Chicken A La King with Rice	Tomato and Sliced Pork with Red Rice
<u>Meal</u> B	Broccoli & Cheese Courgettes with Pasta	Teriyaki Onion & Pork with Rice	Pan Fried Fish Fillet with Pasta in Pumpkin Sauce	Spaghetti Bolognese	Beef Stroganoff with Pasta
<u>Meal</u> C √	Chunky Vegetables & Red Kidney Beans with Pasta	Portuguese Vegetables with Penne	Margherita Pizza	Moroccan Potato Tagine with Brown Rice	VEGAN Stewed Mixed Vegetables and Chickpeas in Spinach Sauce with Spaghetti















Fish Alert 含魚類







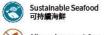


	Monday	Tuesday	Wednesday	Thursday	Friday
	13 May	14 May	15 May	16 May	17 May
<u>Meal</u> A	Stewed Chicken & Potato with Rice	Italian Chicken Steak with Fresh Fries		Steamed Mushroom & Minced Pork with Red Rice	Teriyaki Chicken with Rice
<u>Meal</u> B	Spaghetti Carbonara	Braised Pork & Onion in Korean Style with Rice	Buddha's Birthday Holiday	Swiss Chicken with Red Rice	Stir-Fried Beef in Egg Drop Sauce with Rice
<u>Meal</u> C √	Broccoli & Onion Frittata with Roasted Potatoes	Steamed Egg and Shitake with Rice		Mixed Mushroom & Creamy Sauce with Penne	vegan Assorted Fresh Tomato, Mushroom & Kidney Beans & Rice







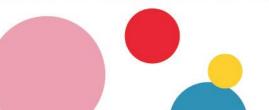














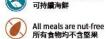


	Monday	Tuesday	Wednesday	Thursday	Friday
	20 May	21 May	22 May	23 May	24 May
<u>Meal</u> A	Minced Pork & Eggplant with Rice	Diced Pork & Corn with Rice	Tuna with Corn Pizza	Grilled Pork Loin in Tomato Sauce with Rice	Steamed Chicken and Mushroom with Rice
<u>Meal</u> B	Chicken & Tomato with Brown Rice	Grilled Fish in Tomato & Onion Sauce with Pasta	Rosemary and Garlic Chicken with Rice	Portuguese Coconut Chicken with Rice	Sautéed Tomato & Pork with Brown Rice
<u>Meal</u> C √	Stir-Fried Japanese Udon with Vegetable	Mixed Vegetable Lasagna	Mushroom & Onion Frittata with Potato	Vegetarian Shanghai Fried Noodles	VEGAN Braised Lo Hon Style Vegetable With Rice























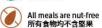
	Monday	Tuesday	Wednesday	Thursday	Friday
	27 May	28 May	29 May	30 May	31 May
<u>Meal</u> A	Honey Mustard Roasted Pork Loin With Pasta	Tuna & Mushroom Stew with Pasta	Chicken with Cheese Pizza	Grilled Honey Chicken with Tomato Pasta	Chicken Lombardy with Pasta
<u>Meal</u> B	Baked Chicken with Lemon Sauce with Brown Rice	Rice with Pepper Honey Pork Cube & Potato	Rice with Steamed Pork Ribs, Fermented Black Bean & Tofu Puff	Scrambled Egg with Char Siu & Spring Onion with Rice	Minced Beef & Lettuce Fried Rice
<u>Meal</u> C √	Stir-fried Mushroom & Shredded Eggs with Silver Needle Noodles	Chinese Style Braised Mushroom & Tofu with Red Rice	Sustainable Dish Shitake & Lentil Bolognese with Brown Rice	Fried Noodles with Bean Sprout and Dried Tofu O@O	vegan Lentil & Quinoa Dhal













Dairy Alert 含奶類













