

(2024) Weekly Menu-Beginning April 22 to April 26.



	MONDAY 4-22 Italian culture day	TUESDAY 4-23	WEDNESDAY 4-24	THURSDAY 4-25	FRIDAY 4-26
Morning snack	Yogurts	Cake	Banana	Pear	Apple
Daily Soup	Chicken & chick peas soup ※△O	Cream of broccoli soup※O	Curried beef & vegetables soup ※	Cream of pumpkin soup※O	Minestrone soup ※☆
Western Main Dish	Pasta Bolognese ※☆	Roast pork tenderloin steaks※O	Lemon pepper and thyme roasted chicken breast	BBQ pork ribs with pineapple ※△	Classic Italian meat sauce pizza ※O☆
Asian Main Dish	Sautéed shredded pork in sweet bean sauce ※△☆	General Tso's chicken ※△☆	Beef fillet in scrambled eggs※△☆	Stewed fish curd & Shanghai greens ※△#☆	Taiwan basil crispy chicken※△☆
Vegetable Options	Pea△ corn carrot & Choy sum	Leaf lettuce & Zucchini	Broccoli & Carrot	Baby cabbage & Sugar snaps △	Cherry tomato & Guangdong cabbage
Starch (Carbohydrate)	Steamed rice or Parsley butter potatoes O	Steamed rice or Roast new potatoes O	Steamed rice or Potato gratin ※O	Steamed rice or Dry fried potatoes	Steamed rice or French fries ※
Vegetarian	Vegetarian wraps ※O	Pumpkin tofu curry with spinach ※△	Asparagus & mushroom risotto ※O	Thai fried rice noodles with vegetables & eggs※△☆	Steamed eggs ,tofu & vegetables ※△☆
Afternoon snack	Banana	Pear	Yogurts	Danish	Pastry
Others	Daily Choice Between Yogurt and Fruit & Daily Bread Selection				



OUR HEALTHY EATING KEY

※O Gluten Content 面粉 | △Legumes Product 豆类 | O Dairy Product 牛奶 | # Shell Fish & Seafood 鱼&海鲜 | ☆ Eggs Product 鸡蛋