

# (2024) Weekly Menu-Beginning June 24 to June 28.



	MONDAY 6-24	TUESDAY 6-25	WEDNESDAY 6-26	THURSDAY 6-27	FRIDAY 6-28
<b>Morning snack</b>	Yogurts	Cake	Banana	Nectarian	Apple
<b>Daily Soup</b>	Corn chowder soup ※O	Cream of cauliflower soup ※O	Minestrone soup <sup>△</sup>	Cream of green pea soup	Borsch soup ※
<b>Western Main Dish</b>	BBQ pork ribs ※ <sup>△</sup>	Grilled Cajun chicken ※	Honey garlic pork chops	Pasta Bolognese ※ ☆	Supreme pizza ※
<b>Asian Main Dish</b>	Beef frittata ※ <sup>△</sup> ☆	Sautéed shredded pork in sweet bean sauce ※ <sup>△</sup> ☆	Korean fried chicken ※ <sup>△</sup> ☆	Kung pao shrimps ball ※ <sup>△</sup> ☆ #	Taiwan braised beef ※ <sup>△</sup>
<b>Vegetable Options</b>	Choy sum & Green Peas <sup>△</sup>	Zucchini & Water spinach	Kailan & Pumpkin O	Broccoli & Carrot	Mushrooms O & Guangdong cabbage
<b>Starch (Carbohydrate)</b>	Steamed rice or Lyonnaise potatoes	Steamed rice or Gratin potatoes ※O	Steamed rice or BBQ potatoes ※ <sup>△</sup>	Steamed rice or Sweet potatoes O	Steamed rice or French fries ※
<b>Vegetarian</b>	Mushroom in teriyaki sauce ※ <sup>△</sup>	Vegetables & cheese wraps ※O	Phad Thai ※ <sup>△</sup> ☆	Mushroom risotto ※O	Margarita pizza ※ ☆
<b>Afternoon snack</b>	Banana	Nectarian	Yogurts	Cake	Bread
<b>Others</b>	Daily Choice Between Yogurt and Fruit & Daily Bread Selection				



## OUR HEALTHY EATING KEY

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