

SCHOOL MENU









聲明: 儘管我們已採取一切措施確保廚房內的交叉污染最小化,但可能會出現我們無法控制的情況,並可能改變所提供過敏原信息的準確性。因此,我們建議您不要僅僅依賴這些信息。這不會影響您的法定權利。

DISCLAIMER: Whilst every care has been taken to ensure the cross contamination is minimal within our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do
not rely solely on this information. This does not affect your statutory rights.

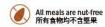
Lunch Menu April 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday | | | |
|------------------------------|---|-------------------------------|---|--|--|--|--|--|
| | 15 Apr | 16 Apr | 17 Apr | 18 Apr | 19 Apr | | | |
| <u>Meal</u> A | - Staff PL Day | Spaghetti Bolognaise | Stir Fried Pork with Zucchini | Pan Fried Fish Fillet in Tomato Sauce | HK Style Soy Chicken | | | |
| <u>Meal</u> B √ | | Scramble Egg with & Tomato | Garden Supreme Pizza | Stir-fried Udon with Vegetables | Sweetcorn & Zucchini Frittata | | | |
| | Pasta // Rice / Potato + Seasonal Vegetables Served Daily | | | | | | | |
| | Green MONDAY | 23 Apr | 24 Apr | 25 Apr | 26 Apr | | | |
| <u>Meal</u> A | Sustainable Shitake & Lentil Bolognese with Brown Rice | Teriyaki Beef | BBQ Chicken Pizza | Onion Pork Chop | Tandoori Chicken | | | |
| <u>Meal</u> B ♂ | Japanese Vegetarian Curry | Mac & Cheese | Stewed Mixed Vegetables and Chickpeas in Spinach Sauce with Spaghetti | Teriyaki Tofu Steak with Enoki Mushroom | Stir-fried Rice Noodles with Assorted Vegetables | | | |
| | Pasta / Rice / Potato + Seasonal Vegetables Served Daily | | | | | | | |





























Lunch Menu Apr/May 2024

































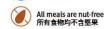
Lunch Menu May 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|---|--|----------------------------------|--|--|
| | 13 May | 14 May | 15 May | 16 May | 17 May |
| <u>Meal</u> A | HK Style Soy Chicken | Mediterranean Fish Stew with Garlic | Public Holiday | Teriyaki Beef | Chinese BBQ Pork with Rice |
| <u>Meal</u> B ✓ | Vegetable Lasagna | Garden Frittata | | Stir Fried Broccoli, Lotus Root & Bean Curd | Vegetarian Risotto |
| | | Pasta / Rice / Potato | + Seasonal Vegetables Serv | ed Daily | |
| | 20 May | 21 May | 22 May | 23 May | 24 May |
| <u>Meal</u> A | Pasta Carbonara | Braised Beef with Tomato | Ham & Sweet Corn Pizza | Chicken A La King | Grilled Fish with Sweet Corn Sauce |
| <u>Meal</u> B ✓ | Japanese Stir-fried Udon with Assorted Vegetables | Stir-fried Fungus, Mushroom with Dried Bean Curd | Baked Pasta with Tomato Sauce | Braised Vegetables & Tofu | Vegetarian Korean Bibimbap Bowl |
| | | Pasta / Rice / Potato | + Seasonal Vegetables Serv | ed Daily | |





























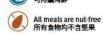
Lunch Menu May/June 2024

| | Green | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|---|--|--|------------------------------|-------------------------------------|
| | 27 May | 28 May | 29 May | 30 May | 31 May |
| <u>Meal</u> A | Sustainable Dish Shitake & Lentil Bolognese with Brown Rice | Chicken Cacciatore | Stir-fried Pork with Broccoli & Lotus Root with Rice | Yeung Chow Fried Rice | Homemade Lasagne |
| <u>Meal</u> B √ | Mac & Cheese | Braised Winter Mushroom & Tofu with Red Rice | Garden Supreme Pizza | Vegetarian Shepherd's Pie | Japanese Curry with Vegetables |
| | | Pasta / Rice / Potato | + Seasonal Vegetables Serve | d Daily | |
| | 3 June | 4 June | 5 June | 6 June | 7 June |
| <u>Meal</u> A | Grilled Fish in Pumpkin Sauce | Peri-Peri Chicken | Roasted Pork Loin in Onion Gravy | Teriyaki Chicken | Spaghetti Bolo gnais |
| <u>Meal</u> B ✓ | Italian Veggie Meatball & Spaghetti with Marinara Sauce | Silky Tofu in Sweetcorn & Egg Drop Sauce | Mushroom & Sweet Corn Pizza | Japanese Grilled Tofu | Tomato & Scramble Egg with Red Rice |
| | | Pasta / Rice / Potato | + Seasonal Vegetables Serve | d Daily | |































Lunch Menu June 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday | | |
|------------------------------|--|--|---|---|--------------------|--|--|
| | 10 June | 11 June | 12 June | 13 June | 14 June | | |
| <u>Meal</u> A | – Public Holiday | Stir-fried Shanghai Noodles with Shredded Pork | Steamed Fish in Ginger & Spring Onion Soy Sauce | Teriyaki Beef | BBQ Pork | | |
| <u>Meal</u> B √ | | Tomato, Carrot & Kidney Bean Stew | Neapolitan Margarita Pizza | Moroccan Chickpea Stew | Mushroom Strogano | | |
| | Pasta / Rice / Potato + Seasonal Vegetables Served Daily | | | | | | |
| | 17 June | 18 June | 19 June | 20 June | 21 June | | |
| <u>Meal</u> A | Japanese Style Chicken Curry | HK Style Braised Beef with Tomato Sauce | Sweet and Sour Pork | Beef and Lettuce Fried Rice (Less Oil) | Last Day of School | | |
| <u>Meal</u> B √ | Cauliflower, Pumpkin & Pea Korma | Creamy Spinach and Cheese Macaroni | Ratatouille Pasta | Stew Kidney Bean & Spinach in Pumpkin Sauce | | | |
| | | Pasta 1/2 / Rice / Potato | + Seasonal Vegetables Serve | d Daily | | | |







