

SCHOOL MENU





































Green MONDAY

Tuesday

Wednesday

Thursday

Fun Friday

	February 10	February 11	February 12	February 13	February 14
<u>Meal</u> A	Chicken Cacciatore with Spaghetti 獵人燴雞意粉	Chili Con Carne with Rice 墨西哥肉醬配飯	Pork Sausage with Peas, Mash and Onion Gravy 烤豬肉腸配青豆,薯蓉及 洋蔥燒汁	Honey Mustard Roast Chicken Steak with Roasted Potatoes 蜜糖芥辣烤雞扒 配燒薯角	STAFF DEVELOMENT DAY
<u>Meal</u> B	Vietnamese Lemongrass Porkchop with Red Rice 越式香茅豬扒配紅米飯	Singapore Style Fired Rice Vermicelli (No Seafood) 星洲炒米	Tandoori Fish with Brown Rice 印度天多利魚塊 配糙米飯	Tomato, Minced Pork and Egg with Brown Rice 鮮茄肉碎炒蛋配糙米飯	STAFF DEVELOMENT DAY
<u>Meal</u> C √	Broccoli & Cheddar Frittata with Roasted Potatoes 西蘭花車打芝士焗蛋 伴燒薯角	Braised Teriyaki Eggplant & Tofu with Brown Rice 照燒茄子豆腐配糙米飯	Mushroom Stroganoff with Rice 忌廉蘑菇配飯	Vegetarian Stir-fired Shanghai Noodles 素上海粗炒	STAFF DEVELOMENT DAY

Seasonal vegetables served daily 每日供應時令蔬菜 🕥

















Shellfish Alert 含貝殼類海鮮































Soy Alert 含大豆

























































































































Shellfish Alert 含貝殼類海鮮

Green MONDAY

Tuesday

Wednesday

Thursday

Fun Friday

	March 10	March 11	March 12	March 13	March 14
<u>Meal</u> A	Shredded Pork Loin in Portuguese Sauce with Penne 葡汁豬柳絲長通粉	Roasted Chicken with Mushroom Sauce Spaghetti 蘑菇汁雞肉意粉	Japanese Fried Udon with Chicken & Narutomaki 日式雜錦雞柳炒烏冬	Hungarian Braised Pork Stew with Mashed Potato 匈牙利燴豬肉配薯蓉	Hawaiian Pizza 夏威夷薄餅
<u>Meal</u> B	Pan-fried Fish Fillet in Tomato Sauce with Brown Rice 鮮茄魚柳配糙米飯	Stir Fried Pork, Onion & Tomato with Quinoa Rice 鮮茄洋蔥肉片配藜麥飯	Bean Curd and Corn in Scrambled Egg Sauce with Brown Rice 滑蛋粟米豆腐配糙米飯	Stir-fried Oyster Mushroom, Green Beans & Sliced Beef with Red Rice 雞脾菇四季豆炒牛肉 配紅米飯	Yeung Chow Fried Rice (No Seafood) 揚州炒飯
<u>Meal</u> C ✓	Spinach & Chickpeas with Rice 印度菠菜鷹嘴豆咖喱 配飯	Vegetable Bolognaise Spaghetti 雜菜素肉醬意粉	Margherita Cheese Pizza with Corn 意大利芝士薄餅跟粟米	Mushroom & Pea Risotto 野菌青豆意大利飯	Lentil Cannellini with Spaghetti 燴扁豆白腰豆配意粉

Seasonal vegetables served daily 每日供應時令蔬菜 🕥















Shellfish Alert 含貝殼類海鮮



















































Tree Nuts Alert





























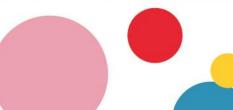








Tree Nuts Alert

































Tree Nuts Alert 含堅果







