

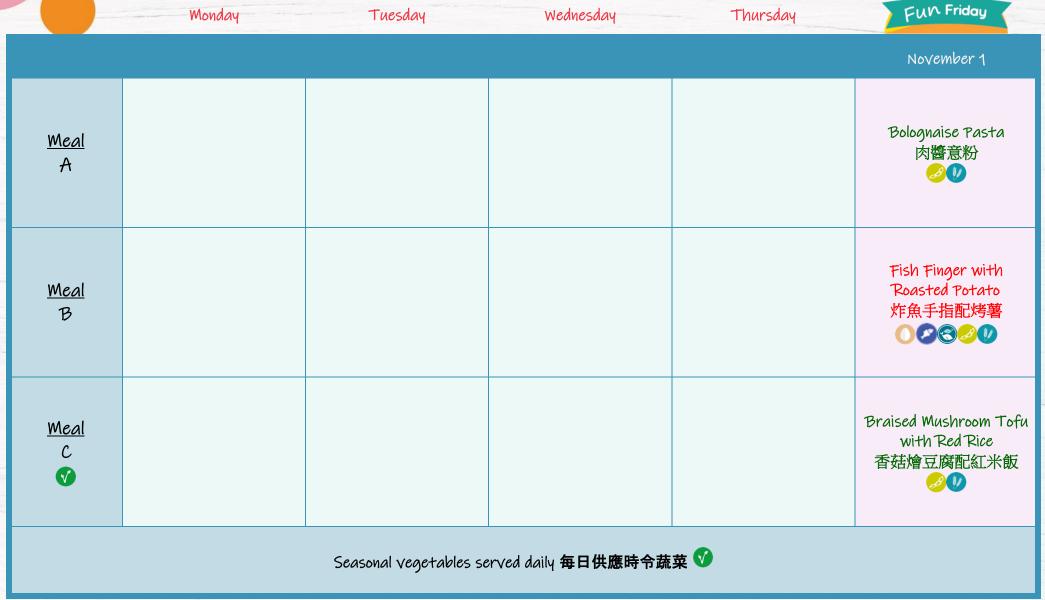
SCHOOL MENU

































含花生





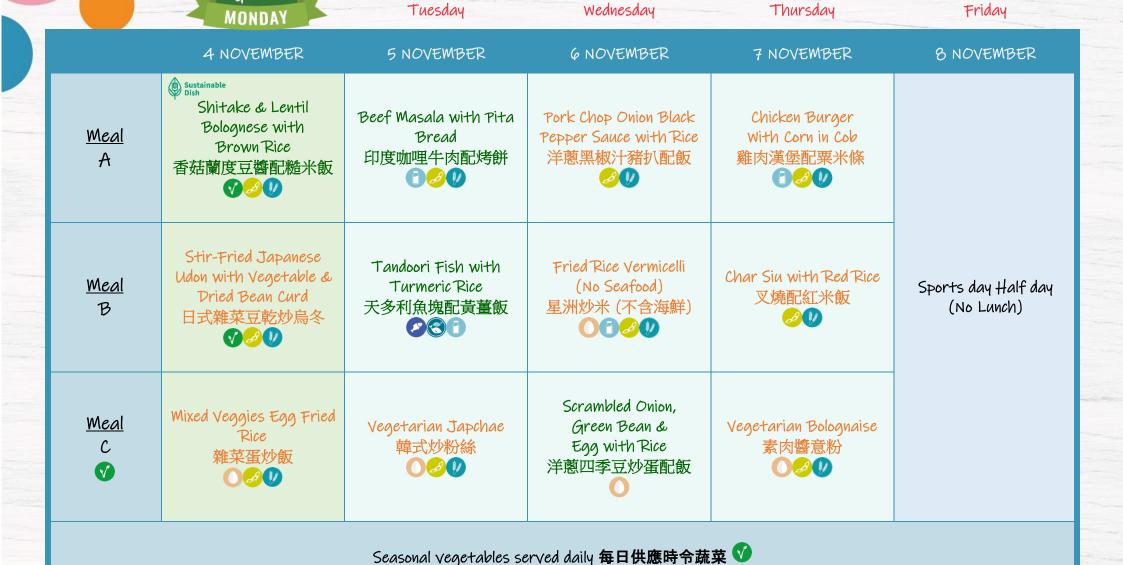














Eat Less



































Green















































































Peanut Alert





Tree Nuts Alert























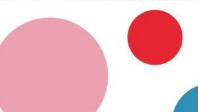








Tree Nuts Alert



































































Wednesday Tuesday Thursday MONDAY 9 DECEMBER 10 DECEMBER 11 DECEMBER 12 DECEMBER 13 DECEMBER Pork Sausage and Pork Jambalaya with Italian Tomato Chicken Chicken Fajitas Meal Mashed Potato Corn Rice with Spaghetti 墨西哥烤雞薄餅 豬肉粟米什錦燴粟米飯 意式番茄雞肉配意粉 烤豬肉腸配薯蓉 00 Tuna in Mushroom White Teriyaki Chicken Cheese Roasted Honey Duck Chinese BBQ Pork Sauce with Pasta Pizza with Sweet Corn Breast with Puréed Meal with Rice No School Day 香草白汁燴白菌吞拿魚 Sweet Potatoes 芝士照燒雞肉薄餅 蜜汁叉燒飯 蜜糖烤鴨胸配蕃薯蓉 配長通粉 配粟米粒 81/ Braised Lo Hon Style Caribbean Coconut Curry Vegetarian Egg Foo Meal Baked Mac & Cheese Vegetable with Rice with Brown Rice Young with Rice

Noodles

羅漢齋燴河粉

811





C











Green













Peanut Alert











素芙蓉蛋配飯

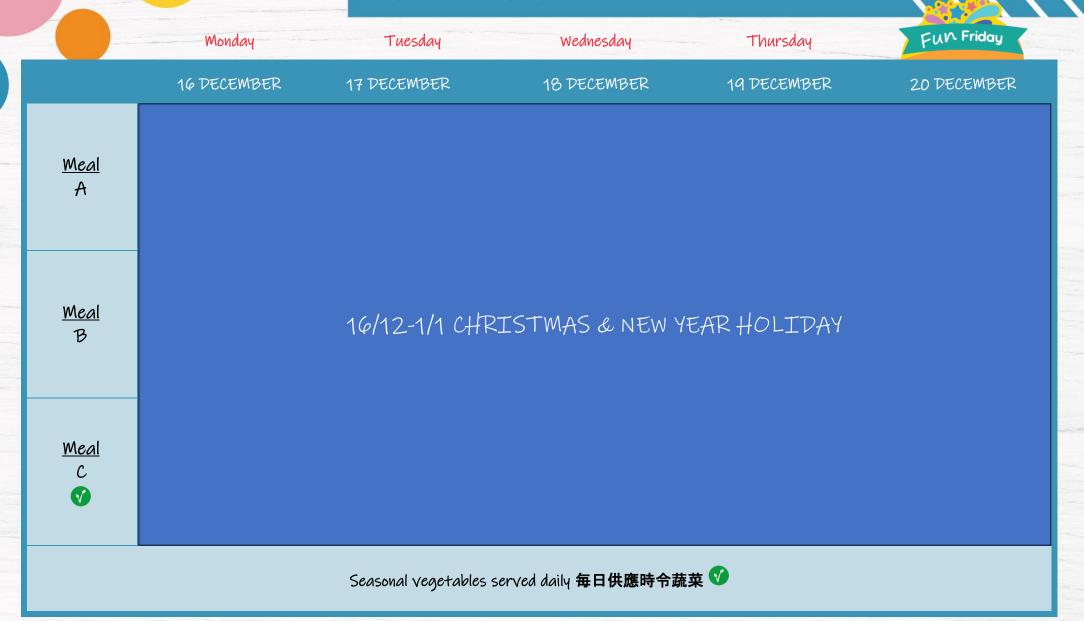


加勒比椰汁咖喱

配糙米飯

FUN Friday

芝士焗通粉



















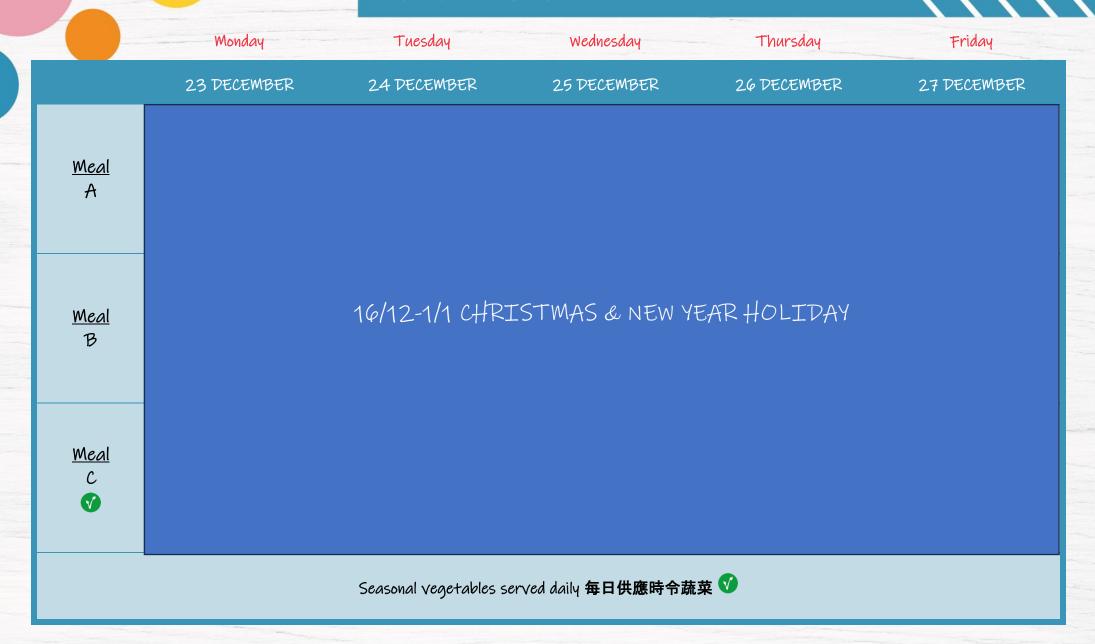


























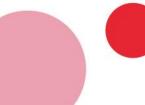






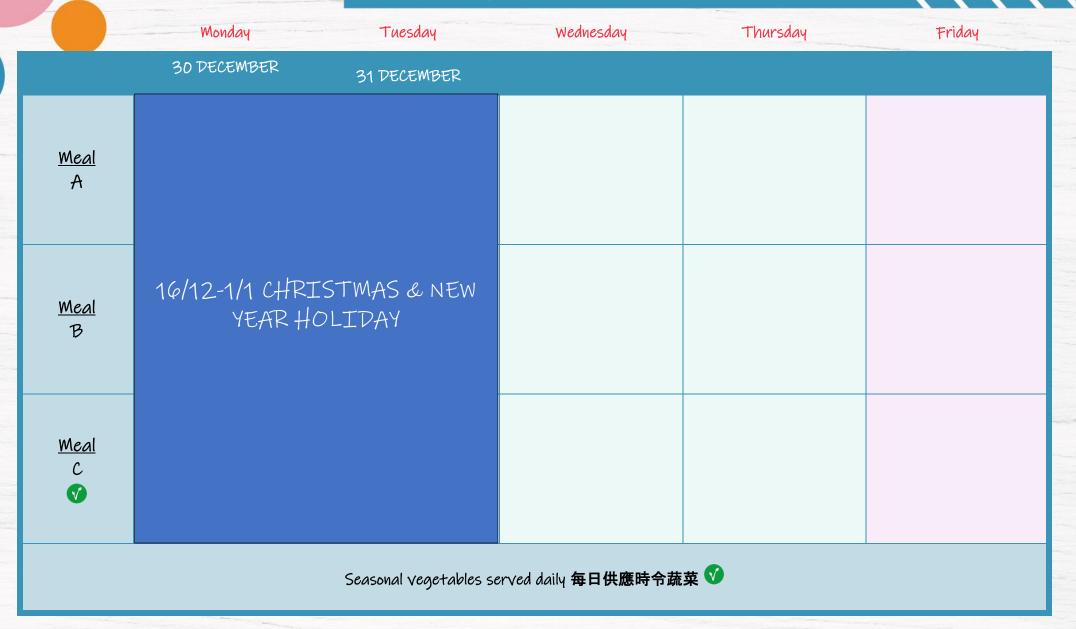


































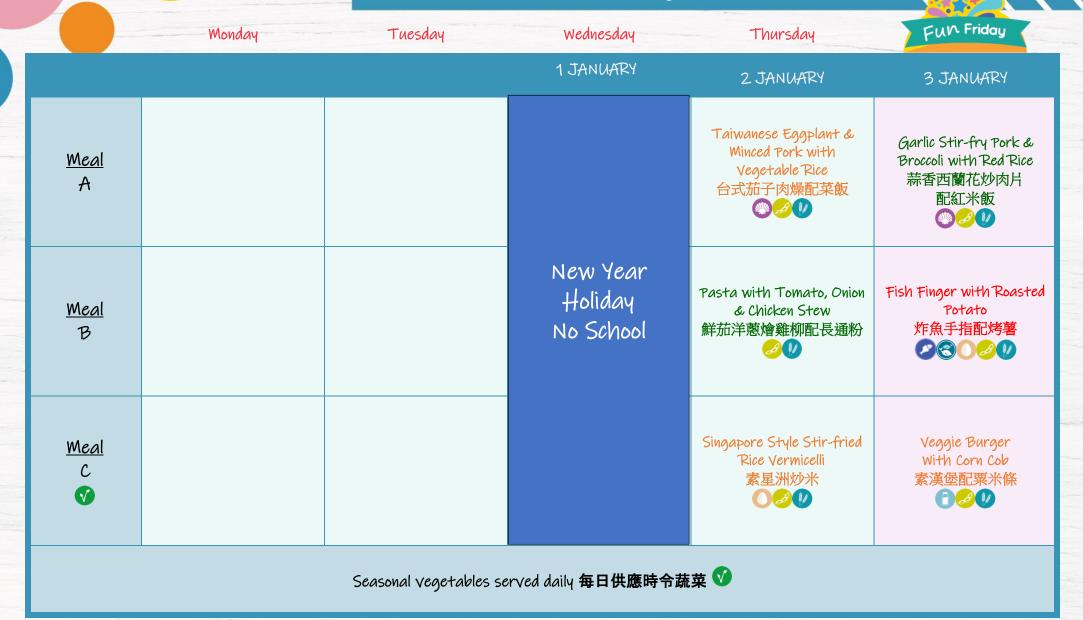
































含花生











Green MONDAY

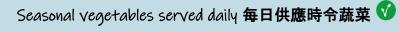
Tuesday

Wednesday

Thursday

Fun Friday

| | 6 JANUARY | 7 JANUARY | 8 JANUARY | 9 JANUARY | 10 JANUARY |
|------------------------------|--|------------------------------------|--|--|---|
| <u>Meal</u> A | Roast Cauliflower & Chickpea Korma with Pita Bread 烤椰菜花鷹嘴豆 印式咖喱配烤餅 | Chicken Fajitas 墨西哥烤雞薄餅 | Pork Goulash with Rice 匈牙利豬柳配飯 | Mongolian Beef with Brown Rice 蒙古牛肉配糙米飯 | Pulled Pork Burger With Corn Cob 手撕豬肉漢堡配粟米條 |
| <u>Meal</u> B | Stir-Fried Japanese Udon with Vegetable & Dried Bean Curd 日式雜菜豆乾炒烏冬 | Char Siu & Egg Fried Rice 叉燒蛋炒飯 | Cheese Baked Pasta with Tuna and Sweetcorn 焗芝士吞拿魚 粟米通心粉 | Chicken Pad Thai 泰式雞肉炒金邊粉 | Fried Egg with Ham, Char Siu, Shrimp & Red Rice 素芙蓉蛋配紅米飯 |
| <u>Meal</u> C ✓ | Mushroom Stroganoff with Rice 俄式蘑菇汁配白飯 ✓ 3 2 0 | Ratatouille Pasta Gratin 焗雜菜麵 | Eggplant & Enoki Mushroom Bulgogi with Rice 韓式烤茄子金菇配飯 | Mushroom & Onion Frittata with Sweet Corn 意式蘑菇洋蔥烘蛋 配粟米粒 | Fried Noodles with Bean Sprout and Dried Tofu 銀芽香菇豆干豉油王炒麵 |
| | | | | | |























Fish Alert 含魚類

Peanut Alert





Tree Nuts Alert 含堅果









































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



























Tree Nuts Alert

























