

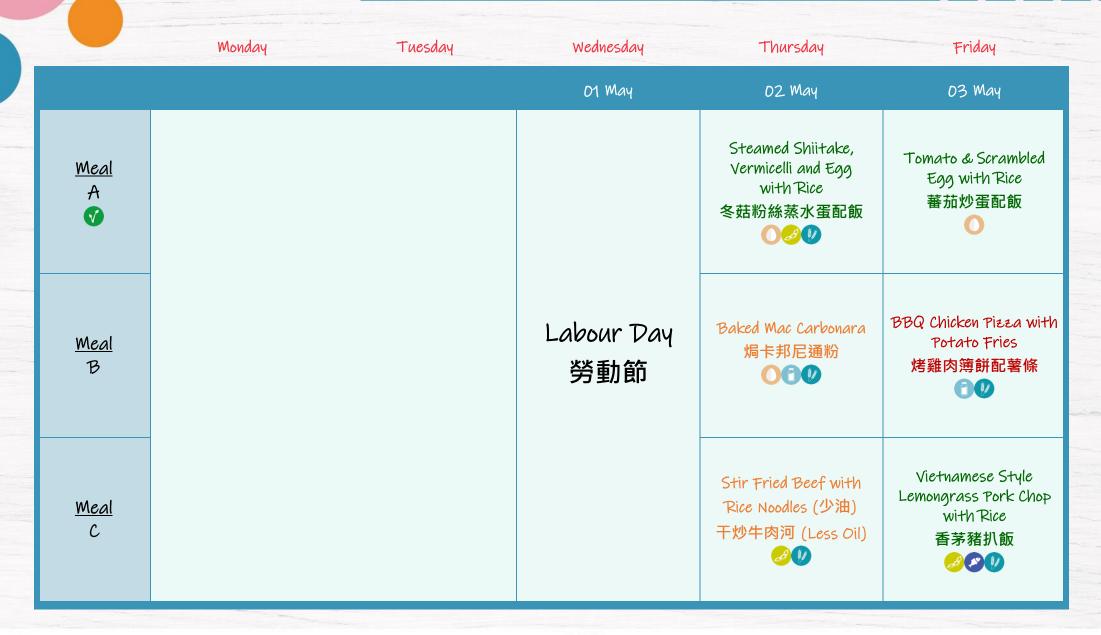
SCHOOL MENU







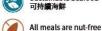
































	Monday	Tuesday	Wednesday	Thursday	Friday
	06 May	07 May	08 May	09 May	10 May
<u>Meal</u> A V	Scrambled Onion, Green Bean & Egg with Rice 洋蔥豆角炒蛋配飯	Sweet & Sour Veggie Weat Ball with Brown Rice 甜酸咕噜素肉丸 配糙米飯	Vegetarian Lasagna 雜菜千層麵	Italian Aubergine Parmigiana with Pasta 意式烤千層茄子配意粉	Broccoli Mac & Cheese 焗芝士西蘭花通粉
<u>Meal</u> B	Baked Tomato & Shredded Pork with Rice 焗鲜茄肉絲配飯	Baked Mac Carbonara 焗卡邦尼通粉	Baked Spaghetti Bolognese 焗肉醬意粉	Portuguese Chicken with Spaghetti (with coconut milk) 焗葡國雞配意粉 (含椰奶)	Hot Dog with Roasted Wedges 熱狗配烤薯角
<u>Meal</u> C	Vietnamese Style Lemongrass Chicken with Rice 香茅雞扒飯 ❷❷♥	Steamed Mushroom & Pork Patty with Rice 冬菇蒸肉餅配飯	Honey BBQ Pork with Rice 蜜汁叉燒配飯	Spaghetti Bolognese(Beef) 肉醬意粉	Braised Chicken in Portuguese Style & Rice (without coconut milk, with low fat milk) 葡國雞飯 (不含椰奶,配低脂奶)

















































Dairy Alert 含奶類

Soy Alert 含大豆















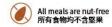
















Soy Alert 含大豆

















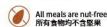
















Dairy Alert 含奶類

Soy Alert 含大豆













