













	Monday	Tuesday	Wednesday	Thursday	Friday
	05 Sep	06 Sep	07 Sep	08 Sep	09 Sep
<u>Starter</u>				Green peas soup	Cold cuts
<u>Hot Dish</u> A				Hot Dog  	Roasted Fish Chermoulas  
Starch				French Fries	Semolina 
Vegetables 				Coleslaw 	Garden Vegetables
Dairy 				Cheese 	Yogurt 
Dessert				Fruit Salad	Ice Cream  



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable
Seafood
可持續海鮮



Egg Alert
含蛋類



Dairy Alert
含奶類



Soy Alert
含大豆



Fish Alert
含魚類



Shellfish Alert
含貝殼類海鮮



























Peanut Alert
含花生



Tree Nuts Alert
含堅果



Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	12 Sep	13 Sep	14 Sep	15 Sep	16 Sep
<u>Starter</u>		Tomato & Red Onion Salad	Spinach soup	Persian Salad	Minestrone soup
<u>Hot Dish</u> A		Crispy Fish Fillet with Coriander  	Chicken Piccata with Lemon Sauce  	Pizza Ham & Cheese   	Chicken Cajun 
Starch		Pilaf rice	Roasted potato	X	Buttered Barley 
Vegetables 		Roasted pumpkins with spices	Baked cheesy zucchini 	Chef salad	Piperade
Dairy 		Yogurt 	Cheese 	Yogurt 	Cheese 
Dessert		Black Forest Cake  	Alsacienne tart  	Fruit Salad  	Ice cream  



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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	19 Sep	20 Sep	21 Sep	22 Sep	23 Sep
<u>Starter</u>	Deep Fried Onion Rings	Lentils Soup 	Egg Pasta Salad 	Carrot & Zucchini Soup	Veggies Stick with Hummus
<u>Hot Dish</u> A	Chicken Lombardie 	Parmesan Spaghetti & Roasted Veggies   	Pork crock pot 	Croque Monsieur    	Panko Crusted Fish   
Starch	Buttered pasta 	X	Steamed rice	French fries	Semolina 
Vegetables 	Roasted Carrots & Honey	Provencal Tomato	Creamy garlic Tuscan Mushrooms 	Coleslaw 	Ratatouille
Dairy 	Yogurt 	Cheese 	Yogurt 	Cheese 	Yogurt 
Dessert	Kiwi & Apple Compote	New-York Cheesecake  	Clafoutis  	Fruit Salad	Ice Cream  



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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	26 Sep	27 Sep	28 Sep	29 Sep	30 Sep
<u>Starter</u>	Gazpacho soup	BLT salad	Corn soup 	Roasted Vegetable Salad	Borsht soup
<u>Hot Dish</u> A	Beef Gyudon with onion  	Fish Shaksuka  	Quesadillas Pork Carnitas   	Beef Lasagna   	Chicken Mustard 
Starch	Noodles 	Pilaf rice	Roasted potato	X	Barley
Vegetables 	Carrot Vichy	Green bean & cherry tomato	Roasted Bell Pepper	Chef Salad	Vegetable Tian
Dairy 	Cheese 	Yogurt 	Cheese 	Yogurt 	Cheese 
Dessert	Apple & vanilla compote	German cheesecake  	Bourdalou pie  	Fruit salad	Ice cream  



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Wheat Alert
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	Monday	Tuesday	Wednesday	Thursday	Friday
	03 Oct	04 Oct	05 Oct	06 Oct	07 Oct
<u>Starter</u>	Vegetable Tempura		Rice Caribbean Salad	Mushroom Soup	Pumpkin Puffs
<u>Hot Dish</u> A	Bang Bang Chicken 		Sweet Balsamic Pork Roast 	Kebab 	Crispy Fish Fillet with Coriander 
Starch	Steamed Rice		Buttered Pasta 	French Fries	Buttered Barley 
Vegetables	Corn In Cab		Cheese Zucchini Bake 	Coleslaw 	Ratatouille
Dairy	Yogurt 		Yogurt 	Cheese 	Yogurt 
Dessert	Cherry & Apple Compote		Lemon Pie with Meringue 	Fruits Salad/Ice Cream 	Ice Cream 



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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	10 Oct	11 Oct	12 Oct	13 Oct	14 Oct
<u>Starter</u>	Broccolis Soup	Cucumber Tzatziki Salad 	Onion Soup	Spinach & Mushrooms Salad	Borsht Soup
<u>Hot Dish</u> A	Vietnamese Pork Noodle/Rice   	Cajun Fillet  	Chicken Basquaise 	Beef Lasagna   	Old South Coca Pork 
Starch	X	Semolina 	Roasted Potato	X	Buttered Spaghetti  
Vegetables	Garlic Green Bean	Carrots Vichy	Creamy Garlic Tuscan Mushrooms 	Chef Salad	Vegetable Roasted
Dairy	Cheese 	Yogurt 	Cheese 	Yogurt 	Cheese 
Dessert	Lychee Compote	Mango Cheese Cake  	Apple Crumble  	Fruits Salad/Ice Cream  	Ice Cream  



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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	17 Oct	18 Oct	19 Oct	20 Oct	21 Oct
<u>Starter</u>	Roasted Carrots with Brown Sugar	Green Peas Soup	Brushettas H&C / Tomato Cheese	Lentils Soup	Sausage rolls 
<u>Hot Dish</u> A	Chicken Butter Milk   	Cantonese Rice with Eggs & Tofu  	Bolognese Spaghetti  	Cordon Bleue    	Greek Style Fish Fillet  
Starch	Buttered Barley  	X	X	French Fries	Pilaf Rice
Vegetables	Green Peas & Carrots	Roasted Carrots with Honey	Eggplants Parmesan 	Coleslaw 	Vegetable Tian
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Yogurt 
Dessert	Strawberry & Apple Compote	Green Tea Red Bean Cake  	Tiramisu  	Fruits Salad	Ice Cream  



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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	24 Oct	25 Oct	26 Oct	27 Oct	28 Oct
<u>Starter</u>	Carrots & Zucchini Soup	Roasted Vegetable Salad	Leek Soup	Mexican Corn Salad	Vegetable Soup
<u>Hot Dish</u> A	Korean Beef Rice  	Fish Stuffed Mushrooms   	Salisbury Steak  	Pizza Ham & Cheese   	Chicken Paprika 
Starch	X	Steamed Rice	Steamed Potato	X	Semolina 
Vegetables	Roasted Pumpkins with Spices	Brown Sugar Baked Carrots	Broccoli Alfredo Baked 	Chef Salad	Piperade
Dairy	Cheese 	Yogurt 	Cheese 	Yogurt 	Cheese 
Dessert	Peach Melba	White Choco Mousse with Passion Fruit  	Pears Belle-Helene  	Fruits Salad	Ice Cream  



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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	07 Nov	08 Nov	09 Nov	10 Nov	11 Nov
<u>Starter</u>	Pumpkin Soup	Apple & Broccolis Salad	Carrots Soup	Asian Kale Salad	Borsht Soup
<u>Hot Dish</u> A	Fish Brandade  	Beef Goulash 	Country Pork Fried 	Beef Lasagna   	Roasted Chicken Jerk 
Starch	X	Roasted Potato	Buttered Barley  	X	Pilaf Rice
Vegetables 	Green Bean & Cherry Tomatoes	Braised Red Cabbage	Piperade	Coleslaw 	Steamed Cauliflower
Dairy 	Cheese 	Yogurt 	Cheese 	Yogurt 	Cheese 
Dessert	Apple & Vanilla Compote	Strawberry Mousse Cake  	Brownie  	Fruits Salad	Ice Cream  



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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	14 Nov	15 Nov	16 Nov	17 Nov	18 Nov
<u>Starter</u>	Spring Rolls 	Cauliflower Soup	Indian Rice Salad	Green Peas Soup	Chicken Parmesan Bite 
<u>Hot Dish</u> A	Pork Carnitas 	Broccoli Rice Casserole  	Chicken Lombardie 	Hot Dog  	Roasted Fish Chermoulas  
Starch	Mash Potato 	X	Buttered Barley  	French Fries	Semolina 
Vegetables 	Vegetable Garden	Steamed Broccoli	Carrots Vichy	Chef Salad	Moroccan Carrots
Dairy 	Yogurt 	Cheese 	Yogurt 	Cheese 	Yogurt 
Dessert	Pears & Gingers Compote	Mango Mousse Cake  	Normandy Butter Cake  	Fruits Salad	Ice Cream  



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	Monday	Tuesday	Wednesday	Thursday	Friday
	21 Nov	22 Nov	23 Nov	24 Nov	25 Nov
<u>Starter</u>	Lentils Soup	Tomato & Red Onion Salad	Leek Soup	Persian / Israeli Salad	Vegetable Soup
<u>Hot Dish</u> A	Chicken Ranch Pasta Bake 	Roll Fish Cream and Parsley Cream 	BBQ Pork Ribs 	Beef Moussaka 	Chicken Piccata with Lemon Sauce 
Starch	X	Gratin Dauphinois 	Buttered Pasta 	X	Buttered Barley 
Vegetables 	Creamy Garlic Tuscan Mushrooms 	Green Peas & Carrots	Vegetable Roasted	Coleslaw	Roasted Pumpkins with Spices
Dairy 	Cheese 	Yogurt 	Cheese 	Yogurt 	Cheese 
Dessert	Apples & Banana Compote	Strawberry & Orange Mousse 	Banoffee 	Fruits Salad	Ice Cream 



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	Monday	Tuesday	Wednesday	Thursday	Friday
	28 Nov	29 Nov	30 Nov		
<u>Starter</u>	Greek Rice / Pasta Salad 	Tomato Soup	Vegetable Tempura		
<u>Hot Dish</u> A	Crispy Spicy Chicken  	Sweet Potatoes Cheese Casserole  	Beef Gyudon  		
Starch	Pilaf Rice	X	Noodles (Udon) 		
Vegetables 	Provencal Tomatoes	Eggplants Parmesan 	Roasted Eggplant with Chilli		
Dairy 	Yogurt 	Cheese 	Yogurt 		
Dessert	Lychee Compote	White Cho Mousse Cake  	Green Tea Red Bean Cake  		



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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
				01 Dec	02 Dec
<u>Starter</u>				Beet Root Soup	Mini Quiche Lorraine 
<u>Hot Dish</u> A				Chicken Enchiladas 	Fish Stew 
Starch				French Fries	Buttered Pasta 
Vegetables 				Chef Salad	Broccoli Alfredo Baked 
Dairy 				Cheese 	Yogurt 
Dessert				Fruits Salad	Ice Cream 



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Wheat Alert
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	Monday	Tuesday	Wednesday	Thursday	Friday
	05 Dec	06 Dec	07 Dec	08 Dec	09 Dec
<u>Starter</u>	Cauliflower Soup	Green Bean & Tomato Salad	Corn Soup	Waldorf Salad 	Vegetable Soup
<u>Hot Dish</u> A	Bolognese Spaghetti  	Panko Crusted Fish   	Chicken Cajun 	Croque Monsieur   	Spicy Cumin Beef Noodles   
Starch	X	Steamed Rice	Semolina 	French Fries	X
Vegetables 	Roasted Carrots with Honey	Braised Red Cabbage	Cheese Zucchini Bake 	Coleslaw 	Corn In Cab
Dairy 	Cheese 	Yogurt 	Cheese 	Yogurt 	Cheese 
Dessert	Cherry & Apple Compote	New York Cheese Cake  	Pear Mousse & Lemon Jelly Cake  	Fruits Salad	Ice Cream  



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	Monday	Tuesday	Wednesday	Thursday	Friday
	12 Dec	13 Dec	14 Dec	15 Dec	16 Dec
<u>Starter</u>	Deep Fried Green Beans	Leek Soup	Tacos & Chicken Pasta Salad 	Broccolis Soup	Cold Cuts
<u>Hot Dish</u> A	Garlic Pork Loin 	Creamy Tomato Spinach & Pasta   	Creamy Chipotle Chicken  	Beef Moussaka  	Slow Cooker Maple Gammon 
Starch	Pilaf Rice	X	Buttered Barley  	X	Roasted Potato
Vegetables 	Brown Sugar Baked Carrots	Provencal Tomatoes	Ratatouille	Chef Salad	Garlic Green Bean
Dairy 	Yogurt 	Cheese 	Yogurt 	Cheese 	Yogurt 
Dessert	Peach Compote	Cinnamon Apple Crumble  	Ice Cream  	Fruits Salad	Christmas Rolls  



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