















	Monday	Tuesday	Wednesday	Thursday	Friday
				08 Sep	09 Sep
<u>Soup</u>				Green Peas Soup	Borsht Soup
<u>Starter</u>				Carrot & Parsley Salad	Cold Cuts
<u>Hot Dish A</u>				Hot Dog  	Roasted Fish Chermoulas  
<u>Hot Dish B</u>				Vegetarian Hot Dog  	Creamy Chipotle Chicken  
<u>Starch</u>				French Fries	Semolina 
<u>Vegetables</u>				Coleslaw 	Garden Vegetables
<u>Dairy</u>				Cheese 	Yogurt 
<u>Dessert</u>				Fruit Salad	Ice Cream  



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable
Seafood
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Egg Alert
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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>Soup</u>		Beet Root Soup	Spinach Soup	Onion Soup	Minestrone Soup
<u>Starter</u>		Tomato & Red Onion Salad	Potato Grilled Salad with Bacon	Persian / Israeli Salad	Mini Quiche Lorraine 
<u>Hot Dish A</u>		Crispy Fish Fillet with Coriander 	Chicken Piccata with Lemon Sauce 	Pizza Ham & Cheese 	Crispy Spicy Chicken 
<u>Hot Dish B</u>		Pork Loin with Honey Mustard 	Vegan Spinach Croquette 	Marguerita Pizza 	Dijon Fish Fillet 
<u>Starch</u>		Pilaf rice	Roasted potato	X	Buttered Barley 
<u>Vegetables</u>		Roasted pumpkins with spices	Baked cheesy zucchini 	Chef salad	Piperade
<u>Dairy</u>		Yogurt 	Cheese 	Yogurt 	Cheese 
<u>Dessert</u>		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>Soup</u>	Mushroom Soup	Lentil Soup 	Leek Soup	Carrots & Zucchini Soup	Vegetable Soup
<u>Starter</u>	Deep Fried Onion Rings	Cucumber Feta Salad (Cheese)	Eggs Pasta Salad (V)	Red Cabbage & Corn Salad	Veggies Stick with Cauliflower Hummus (V)
<u>Hot Dish</u> A	Chicken Lombardie 	Parmesan Spaghetti & Roasted Veggies   	Pork crock pot 	Croque Monsieur    	Panko Crusted Fish   
<u>Hot Dish</u> B	Omelette Veggies  	Crock Pot Vegetarian 	Frittata Cheese & Tomato   	Croque Madame    	Baked Crack Chicken 
<u>Starch</u>	Buttered pasta 	X	Steamed rice	French fries	Semolina 
<u>Vegetables</u>	Roasted Carrots & Honey	Provencal Tomato	Creamy garlic Tuscan Mushrooms 	Coleslaw 	Ratatouille
<u>Dairy</u>	Yogurt 	Cheese 	Yogurt 	Cheese 	Yogurt 
<u>Dessert</u>	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>Soup</u>	Gazpacho soup	BLT salad	Corn soup 	Roasted Vegetable Salad	Borsht soup
<u>Starter</u>	Roasted / Deep Fried Zoodles	BLT Salad	Tacos & Chicken Pasta Salad	Roasted Vegetable Salad	Tortillas Rolls 
<u>Hot Dish</u> A	Beef Gyudon with onion  	Fish Shaksuka  	Quesadillas Pork Carnitas   	Beef Lasagna   	Chicken Mustard 
<u>Hot Dish</u> B	Spicy Eggplant Stir Fry  	Chicken Alfredo  	Vegetarian Quesadillas   	Vegetarian Lasagna   	Roasted Fish with Herbs  
<u>Starch</u>	Noodles 	Pilaf rice	Roasted potato	X	Barley 
<u>Vegetables</u>	Carrot Vichy	Green bean & cherry tomato	Roasted Bell Pepper	Chef Salad	Vegetable Tian
<u>Dairy</u>	Cheese 	Yogurt 	Cheese 	Yogurt 	Cheese 
<u>Dessert</u>	Apple & vanilla compote	German cheesecake  	Bourdalou pie  	Fruit salad	Ice cream  



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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	03 Oct	04 Oct	05 Oct	06 Oct	07 Oct
<u>Soup</u>	Cauliflower Soup		Beet Root Soup	Mushrooms Soup	Vegetable Soup
<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  
<u>Hot Dish</u> B	Frittata Cheese & Tomato   		Vegetarian Steak 	Vegetarian Kebab 	Chicken Parmesan Crusted with Bacon   
<u>Starch</u>	Steamed Rice		Buttered Pasta  	French Fries	Buttered Barley 
<u>Vegetables</u>	Corn In Cab		Cheese Zucchini Bake 	Coleslaw 	Ratatouille
<u>Dairy</u>	Yogurt 		Yogurt 	Cheese 	Yogurt 
<u>Dessert</u>	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>Soup</u>	Broccolis Soup	Carrots Soup	Onion Soup	Pumpkin Soup	Borsth Soup
<u>Starter</u>	Corn Galette (V)	Cucumber Tzatziki Salad 	Tuna Pasta / Rice Salad (F)	Spinach & Mushrooms Salad	Porto Bello (V)
<u>Hot Dish</u> A	Vietnamese Pork Noodle/Rice   	Cajun Fillet  	Chicken Basquaise 	Beef Lasagna   	Old South Coca Pork 
<u>Hot Dish</u> B	Yaki Udon Vegetable    	Pork Loin Apricot Sauce 	Vegetarian Poele Campagnarde  	Vegetarian Lasagna   	Fish Tomato Salsa  
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>Soup</u>	Corn Soup	Green Peas Soup	Tomato Soup	Lentils Soup	Minestrone Soup
<u>Starter</u>	Roasted Carrots with Brown Sugar	Spinach & Dry Tomato Salad	Brushettas H&C / Tomato Cheese 	Caprese Salad 	Sausage rolls 
<u>Hot Dish</u> A	Chicken Butter Milk   	Cantonese Rice with Eggs & Tofu  	Bolognese Spaghetti  	Cordon Bleue    	Greek Style Fish Fillet  
<u>Hot Dish</u> B	Vegan Spanish Croquette   	Sweet Potato Kales Curry 	Carbonara Pasta    	Vegetarian Nuggets   	Chicken in Roasted Pepper Sauce 
<u>Starch</u>	Buttered Barley  	X	X	French Fries	Pilaf Rice
<u>Vegetables</u>	Green Peas & Carrots	Roasted Carrots with Honey	Eggplants Parmesan 	Coleslaw 	Vegetable Tian
<u>Dairy</u>	Yogurt 	Cheese 	Yogurt 	Cheese 	Yogurt 
<u>Dessert</u>	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>Soup</u>	Carrots & Zucchini Soup	Tuscan Soup	Leek Soup	Mushrooms Soup	Vegetable Soup
<u>Starter</u>	Buffalo Broccolis	Roasted Vegetable Salad	Chicken / Feta Taboulet Salad 	Mexican Corn Salad	Pin Wheel H&C/Spinach
<u>Hot Dish A</u>	Korean Beef Rice  	Fish Stuffed Mushrooms   	Salisbury Steak  	Pizza Ham & Cheese   	Chicken Paprika 
<u>Hot Dish B</u>	Zikki Baked Pasta   	BBQ Ribs 	Pork Cuban Mojo 	Marguerita Pizza   	Sole Meuniere  
<u>Starch</u>	X	Steamed Rice	Steamed Potato	X	Semolina 
<u>Vegetables</u>	Roasted Pumpkins with Spices	Brown Sugar Baked Carrots	Broccoli Alfredo Baked 	Chef Salad	Piperade
<u>Dairy</u>	Cheese 	Yogurt 	Cheese 	Yogurt 	Cheese 
<u>Dessert</u>	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>Soup</u>	Pumpkin Soup	Spinach Soup	Carrots Soup	Beet Root Soup	Borsht Soup
<u>Starter</u>	Roasted Cauliflowers	Apple & Broccolis Salad	Italian Potato Salad	Asian Kale Salad	Cheese Chicken Puff 
<u>Hot Dish A</u>	Fish Brandade 	Beef Goulash 	Country Pork Fried 	Beef Lasagna 	Roasted Chicken Jerk 
<u>Hot Dish B</u>	Vegetarian Hachi 	Leek Chicon 	Vegetable & Bean Stew 	Vegetarian Lasagna 	Fish Teriyaki 
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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Peanut Alert
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Tree Nuts Alert
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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>Soup</u>	Onion Soup	Cauliflower Soup	Corn Soup	Green Peas Soup	Minestrone Soup
<u>Starter</u>	Spring Rolls 	Cucumber Feta Salad 	Indian Rice Salad (V)	Chicken Caesar Salad (Meat)	Chicken Parmesan Bite 
<u>Hot Dish A</u>	Pork Carnitas 	Broccoli Rice Casserole  	Chicken Lombardie 	Hot Dog  	Roasted Fish Chermoulas  
<u>Hot Dish B</u>	Cheese Omelette  	Vegetarian Thai yellow curry  	Crock Pot Vegetarian  	Vegetarian Hot Dog  	Maroccan Chicken 
<u>Starch</u>	Mash Potato 	X	Buttered Barley  	French Fries	Semolina 
<u>Vegetables</u>	Vegetable Garden	Steamed Broccoli	Carrots Vichy	Chef Salad	Moroccan Carrots
<u>Dairy</u>	Yogurt 	Cheese 	Yogurt 	Cheese 	Yogurt 
<u>Dessert</u>	Pears & Gingers Compote	Mango Mousse Cake  	Normandy Butter Cake  	Fruits Salad	Ice Cream  



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Peanut Alert
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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	21 Nov	22 Nov	23 Nov	24 Nov	25 Nov
<u>Soup</u>	Lentils Soup	Carrots & Zucchini Soup	Leek Soup	Tuscan Soup	Vegetable Soup
<u>Starter</u>	Crispy Zucchini	Tomato & Red Onion Salad	Eggs Pasta Salad  	Persian/Israeli Salad	Tuna Dips   
<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 
<u>Hot Dish</u> B	Florentine Spaghetti with Eggs    	Roasted Beef with Garlic & Rosemary 	Vegetarian Cottage Pie  	Vegetarian Moussaka  	Pan Fried Fish Fillet  
<u>Starch</u>	X	Gratin Dauphinois 	Buttered Pasta  	X	Buttered Barley 
<u>Vegetables</u>	Creamy Garlic Tuscan Mushrooms 	Green Peas & Carrots	Vegetable Roasted	Coleslaw	Roasted Pumpkins with Spices
<u>Dairy</u>	Cheese 	Yogurt 	Cheese 	Yogurt 	Cheese 
<u>Dessert</u>	Apples & Banana Compote	Strawberry & Orange Mousse  	Banoffee  	Fruits Salad	Ice Cream  



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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	28 Nov	29 Nov	30 Nov		
<u>Soup</u>	Scottish Soup	Tomato Soup	Miso Soup 		
<u>Starter</u>	Greek Rice / Pasta Salad  	Carrot & Parsley Salad	Vegetable Tempura		
<u>Hot Dish</u> A	Crispy Spicy Chicken  	Sweet Potatoes Cheese Casserole  	Beef Gyudon  		
<u>Hot Dish</u> B	Vegan Spanish Croquette   	Mediterranean Stuffed Potatoes & Veggies 	Teriyaki Chicken 		
<u>Starch</u>	Pilaf Rice	X	Noodles (Udon) 		
<u>Vegetables</u>	Provencal Tomatoes	Eggplants Parmesan 	Roasted Eggplant with Chilli		
<u>Dairy</u>	Yogurt 	Cheese 	Yogurt 		
<u>Dessert</u>	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>Soup</u>				Beet Root Soup	Borsht Soup
<u>Starter</u>				Cucumber & Onion Salad	Mini Quiche Lorraine   
<u>Hot Dish A</u>				Chicken Enchiladas 	Fish Stew  
<u>Hot Dish B</u>				Vegetarian Quesadillas   	Chicken Parmesan Crusted with Bacon   
<u>Starch</u>				French Fries	Buttered Pasta  
<u>Vegetables</u> 				Chef Salad	Broccoli Alfredo Baked 
<u>Dairy</u> 				Cheese 	Yogurt 
<u>Dessert</u>				Fruits Salad	Ice Cream  



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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	05 Dec	06 Dec	07 Dec	08 Dec	09 Dec
<u>Soup</u>	Cauliflower Soup	Onion Soup	Corn Soup	Mushrooms Soup	Vegetable Soup
<u>Starter</u>	Roasted Pineapple	Green Bean & Tomato Salad	Caesar Pasta Salad  	Waldorf Salad 	Garlic Cheese & Bacon Bread  
<u>Hot Dish</u> A	Bolognese Spaghetti  	Panko Crusted Fish   	Chicken Cajun 	Croque Monsieur   	Spicy Cumin Beef Noodles   
<u>Hot Dish</u> B	Spaghetti Mush Bolognese  	Pork Marengo 	Maghmour Stew 	Croque Madame    	Vietnamese Pork Noodle   
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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Wheat Alert
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	Monday	Tuesday	Wednesday	Thursday	Friday
	12 Dec	13 Dec	14 Dec	15 Dec	16 Dec
<u>Soup</u>	Carrots Soup	Leek Soup	Tomato Soup	Broccolis Soup	Minestrone Soup
<u>Starter</u>	Deep Fried Green Beans	Caprese Salad	Tacos & Chicken Pasta Salad 	Roasted Vegetable Salad	Cold Cuts
<u>Hot Dish A</u>	Garlic Pork Loin 	Creamy Tomato Spinach & Pasta   	Creamy Chipotle Chicken  	Beef Moussaka  	Slow Cooker Maple Gammon 
<u>Hot Dish B</u>	Vegetarian Taquitos   	Mushrooms Stoganoff with Pasta   	Vegetarian Falafel  	Vegetarian Moussaka  	Turkey w. Cranberry Sauce  
<u>Starch</u>	Pilaf Rice	X	Buttered Barley  	X	Roasted Potato
<u>Vegetables</u> 	Brown Sugar Baked Carrots	Provencal Tomatoes	Ratatouille	Chef Salad	Garlic Green Bean
<u>Dairy</u> 	Yogurt 	Cheese 	Yogurt 	Cheese 	Yogurt 
<u>Dessert</u>	Peach Compote	Cinnamon Apple Crumble  	Ice Cream  	Fruits Salad	Christmas Rolls  



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