

August 2020







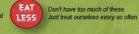
		Section 200				
		Monday	Tuesday	Wednesday	Thursday	Friday
					13/08	14/08
Starter					Salad	Salad
Hot Dish	A				Lemon Herbed Roasted Chicken with Pasta	Ham & Cheese Pizza
	B				Sweet & Sour Pork with Brown Rice	Chicken Cacciatore with Pasta
•	C				Chili Con Carne with Mashed Potato	Vegetable Mapo Tofu with Brown Rice
Sandwich	D				Tuna & Cheese Sandwich	Grilled Fish Burger
Dessert					Citrus Fruit	Fresh Fruit
		Green Monday	18/08	19/08	20/08	21/08
Starter		Salad	Salad	Salad	Salad	Salad
Hot Dish	A	Tomato & Zucchini Pasta	Apple Sage Pork Loin with Pasta	Chicken Pad Thai Noodles	Beef Lasagna	Pork Chop Burger with Potato Chips
	B	Mixed Vegetable Frittata with Potato Cubes	Chicken Parmigiana with Mashed Potato	Vietnamese Lemongrass Pork Chop with Rice	Pan Fried Fish with Herb Crust & Steamed Potato	Steamed Fish with Soy & Spring Onion with Rice
•	C	Teriyaki Mushrooms & Egg Fried Rice	Stir Fried Tomato & Scrambled Egg with Brown Rice	Mac & Cheese	Spinach & Veg Dhal (Coconut Milk Free) with Rice	Tomato & Chickpea Tagine with Pasta
Sandwich	D	Basil & Tomato Grilled Cheese Sandwich	Cheese Hot Dog	Tuna & Sweetcorn Sandwich	Spinach & Egg Sandwich	Turmeric Chicken Sandwich
Dessert		Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Citrus Fruit	Fresh Fruit
		24/08	25/08	26/08	27/08	28/08
Starter		Salad	Salad	Salad	Salad	Salad
Hot Dish	A	California Grilled Fish with Roasted Potato	Pork Schnitzel with Mashed Potato	Chicken Florentine with Pasta	Baked Salsa Verde Chicken Breast with Rice	Grilled Chicken Burger with Baked Potato Wedges
	B	Pork Goulash with Pasta	Stir Fried Chicken (Skinless) & Mushrooms with Rice	Yeung Chow Fried Rice	Beef Goulash with Pasta	Scrambled Egg & Minced Beef with Rice
•	C	Vegetarian Egg Fried Rice (Less Oil)	Mushroom & Tofu Stroganoff with Rice	Vegetarian Lasagna	Vegetable Enchiladas	Ratatouille Pasta
Sandwich	D	Chicken Caesar Sandwich	Tuna & Cucumber Sandwich	Egg Mayo Sandwich	Mexican Pulled Pork Sandwich	Turkey Ham Sandwich
		Fresh Fruit	Mixed Fruit Salad	Fresh Fruit 🕋 🔛	Citrus Fruit	Fresh Fruit

All meals are served with seasonal vegetables



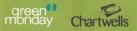














August - September 2020







		No.				
		Monday	Tuesday	Wednesday	Thursday	Friday
		31/08	01/09	02/09	03/09	04/09
Starter		Salad	Salad	Salad	Salad	Tomato & Romaine
Hot Dish	A	Grilled Pork Chop in Mushroom Gravy with Steamed Potato	Pasta Bolognese	Tandoori Fish with Roasted Potato	Mild Japanese Chicken Curry with Rice	Cheesy Pork Casserole with Roasted Potato
	B	Pan Fried Fish in Sweetcorn Sauce with Brown Rice	Braised Chicken & Pumpkin with Brown Rice	Teriyaki Pork with Rice	Stir Fried Long Beans & Minced Pork with Rice	Thai Style Pineapple Chicken Fried Rice (Less Oil)
•	C	Stir Fried Rice Noodles with Veg (Less Oil)	Mixed Vegetable in Japanese Curry Sauce with Rice	Pesto Vegetable (Nut Free) Pasta	Korean Stir Fried Glass Noodles with Mixed Vegetables	Tomato & Basil Pasta with Edamame Beans
Sandwich	D	Classic BLT Sandwich	Tomato, Hummus and Spinach Sandwich	BBQ Chicken Sandwich	Tomato, Cheese & Egg Sandwich	Fried Chicken Burger
Dessert		Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Citrus Fruit	Fresh Fruit
		07/09	08/09	09/09	10/09	11/09
Starter		Salad	Salad	Salad	Salad	Salad
Hot Dish	A	Portuguese Chicken with Rice	Pan Fried Fish with a Spinach Sauce and Potato Cubes	Ham & Mushroom Pasta Bake	Chicken Tetrazzini with Pasta	Meat Lover's Pizza
	B	Korean Style Grilled Beef with Pasta	Pork with Black Vinegar with Brown Rice	Chicken Parmigiana with Rice	Honey BBQ Pork with Rice	Cajun Fish Stew with Rice
•	C	Chinese Style Steamed Egg with Brown Rice	Stir Fried Udon with Mixed Veggies	Sweet Potato & Chickpeas Patties with Rice	Spinach and Potato Frittata	Mushroom Risotto
Sandwich	D	Ham & Cheese Sandwich	Coronation Chicken Sandwich	Egg Mayo Sandwich	Grilled Mushroom & Cheese Sandwich	Turkey Ham Sandwich
Dessert		Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Citrus Fruit	Fresh Fruit
		14/09	15/09	16/09	17/09	18/09
Starter		Salad	Salad	Salad	Salad	Salad
Hot Dish	A	Baked Sole with Salsa Verde & Steamed Potato	Pasta Bolognese	Chicken Chasseur Pasta	Tomato Pork Loin with Mashed Potato	Chicken A La King with Rice
	B	Thai Style Pineapple Chicken Fried Rice (Less Oil)	Thai Style Steamed Fish with Rice	Sweet & Sour Pork with Brown Rice	Fried Chicken Udon (Less Oil)	Japanese Pork Ginger Sauté with Rice
•	C	Broccoli & Cheese Pasta	Sweet Corn Fritter with Rice	Japanese Grilled Eggplant with Rice	Mushroom Stroganoff with Rice	Vegetarian Chilli Con Carne with Rice
Sandwich	D	Croque-Monsieur	Pork Sausage & Egg Burger	Tuna & Cheese Sandwich	Grilled Fish Burger	Teriyaki Chicken Sandwich
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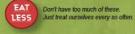
All meals are served with seasonal vegetables





These foods should form the basis of your diet. So fill up on them.

Best eaten in moderation. These food are still important for a balanced diet.











September - October 2020







		Monday Green Monday	Tuesday	Wednesday	Thursday	Friday
		21/09	22/09	23/09	24/09	25/09
Starter		Salad	Salad	Salad	Salad	Salad
Hot Dish	A	North Indian Bean Masala Stew with Roasted Potato	Basil & Tomato Chicken with Pasta	Italian Style Fish Fillet in Tomato Sauce with Steamed Potato	Shepherd's Pie	BBQ Chicken Pizza
	B	Sweet & Sour Vegetarian Meatballs with Rice	HK Style Fresh Tomato and Beef with Rice	Braised Pork with Potato in Oyster Sauce with Rice	Miso Glazed Fish Fillet with Rice	Taiwanese Minced Pork and Mushroom with Rice
•	C	Mac & Cheese	Braised Tofu with Rice	Creamy Broccoli & Pea Pasta	Broccoli & Cheese Quiche	Vegetarian Lasagna
Sandwich	D	Basil & Tomato Grilled Cheese Sandwich	Tuna & Sweetcorn Sandwich	Ham & Cheese Sandwich	Egg Mayo Sandwich	Macau Style Pork Chop Burger
Dessert		Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Citrus Fruit	Fresh Fruit
		28/09	29/09	30/09	01/10	02/10
Starter		Salad	Salad	Salad		
Hot Dish	A	Yakitori Chicken with Roasted Potato	Pan Fried Fish with Herb Crust & Potato Cubes	Pasta Carbonara		The day
	B	Sweetcorn & Diced Pork with Mixed Grain Rice	Beef Lasagna	Pan Fried Fish in Pumpkin Sauce with Rice	National Day	following the Chinese Mid- Autumn
•	C	Vegetable Enchiladas	Stir Fried Tomato & Scrambled Egg with Rice	Braised Vegetable Lo Hon Style with Brown Rice	The second secon	Festival
Sandwich	D	Egg Mayo Sandwich	Classic BLT Sandwich	Tomato, Hummus and Spinach Sandwich		
Dessert		Fresh Fruit	Mixed Fruit Salad	Fresh Fruit		
		05/10	06/10	07/10	08/10	09/10
Starter		Salad	Salad	Salad	Salad	Salad
Hot Dish	A	California Grilled Fish with Roasted Potato	Chicken Tikka Masala with Rice	Ham & Mushroom Pasta Bake	Roasted Chicken Breast in Orange & Tarragon Sauce with Red Rice	Pork Chop Burger with Chips
	B	Teriyaki Pork with Rice	Tomato and Onion Pork Chop with Brown Rice	Chicken Parmigiana with Rice	Honey BBQ Pork with Rice	Chicken, Celery and Carrot Stir-Fry with Rice
-	C	Vegetarian Mapo Tofu with Brown Rice	Stir Fried Udon with Mixed Veggies	Sweet Potato & Chickpeas Patties with Rice	Spinach and Potato Frittata	Mushroom Risotto
	•	Ricc				
Sandwich	D	Tuna & Cucumber Sandwich	Coronation Chicken Sandwich	Egg Mayo Sandwich	Grilled Mushroom & Cheese Sandwich	Turkey Ham Sandwich

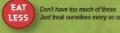
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October 2020







		Monday	Tuesday	Wednesday	Thursday	Friday
		12/10	13/10	14/10	15/10	16/10
Starter		Salad	Salad	Salad		
Hot Dish	A	Garlic and Lemon Pork Chop with Mashed Potato	Pasta Bolognese	Hungarian Pork with Pasta	parent-T	eacher
	B	Tandoori Chicken with Rice	Braised Chicken & Potato with Rice	Teriyaki Fish with Rice	Parevit Confere Confere Profes	nces a
•	C	Stir Fried Rice Noodles with Veg (Less Oil)	Mixed Vegetable in Japanese Curry Sauce with Rice	Pesto Vegetable (Nut Free) Pasta	Develo	pment
Sandwich	D	Classic BLT Sandwich	Tomato, Hummus and Spinach Sandwich	BBQ Chicken Sandwich	The same of the sa	And the state of t
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Dessert		Fresh Fruit	Mixed Fruit Salad	Fresh Fruit		
Dessert		19/10	20/10	21/10	22/10	23/10
Dessert			·		22/10	23/10
Starter	Λ		2.0/10	21/10		23/10
	A		2.0/10	21/10		23/10
Starter			2.0/10	21/10		23/10
Starter	B		2.0/10			23/10
Starter			2.0/10	21/10		23/10
Starter	B		2.0/10	21/10		23/10

		26/10	27/10	28/10	29/10	30/10
Starter			Salad	Tomato & Romaine	Salad	Salad
Hot Dish	A	Chung Yeung	Buffalo Chicken Wings with Mashed Potato	Cheesy Pork Casserole with Pasta	Roasted Honey Mustard Pork with Mashed Potato	Oozing Eyeballs on A Bed of Worms (Meatball Marinara with Spaghetti)
	B	Festival Holiday	Stir-Fried Long Beans & Minced Pork with Rice	Thai Style Pineapple Chicken Fried Rice (Less Oil)	Mild Japanese Chicken Curry with Rice	Fish with Swamp Sauce with Rice
010	C	And the second s	Korean Stir Fried Glass Noodles with Mixed Vegetables	Tomato & Basil Pasta with Edamame Beans	Baked Marinated Tofu in Miso Sauce with Brown Rice	Graveyard Cottage Pie (Spiced Vegetarian Cottage Pie with Sweet
Sandwich	D		Tomato, Cheese & Egg Sandwich	Grilled Chicken Burger	Grilled Fish Burger	Potato Topping) Chicken & Beet Hummus Sandwich

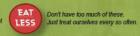
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Dessert

diet.





Citrus Fruit



Fresh Fruit

Citrus Fruit





Fresh Fruit