



Lunch Menu, week beginning 16th October, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Asian	Lotus Root Soup Sautéed Green Pepper Pork Braised Winter Melon Coriander Rice	Seaweed Egg Soup Stewed Chicken with Potato Fried Kai-Lan Rice	Chinese Cabbage Tofu Soup Stewed Pork with Kelp Sautéed Celery with Lily Bulbs Rice	Tomato Egg Soup Braised Beef with Tomato Fried Flowering Cabbage Rice	Spinach Egg Soup Steamed Fish Soy Sauce Sautéed Cauliflower Rice
Western	Carrot Soup Braised Chicken with Vegetables Broccoli Baked Potato Wedge	Cream Mushroom Soup BBQ Pork Boiled Corn Paprika Potato	Tomato Soup French Braised Chicken Boiled Green Bean Potato & Onion	Minestrone Roasted Pork with Mustard Sauce Carrot Baked Potato & Cheese	Broccoli Soup Italian Stewed Chicken Grilled Zucchini Cajun Potato
Vegetarian	Vegetarian Dumplings	Vegetarian Pizza	Curry Vegetables	Hong Shao Tofu	Vegetarian Pancake
Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
Dessert		Carrot Cake		Orange Cake	Apple Juice
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt