



Primary Menu

Week Beginning 9 April 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP & Starter	Chicken & corn soup ※O	Cream of pumpkin soup ※O	Sweet potato soup ※O	Cream of tomato soup※O	Borsch ※
MAIN	Sautéed beef & bell pepper ※△ Roast chicken with gravy ※	Chicken finger ※☆ Baked fish with cream mushroom sauce O#	Pasta Bolognese ※☆ Fish Milanese ※☆#	Honey roast pork (HK styles)△ Roast chicken drums	Sautéed Italian chicken & chick pea△ Chinese dumpling※☆
VEGETARIAN OPTION	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	vegetable wraps ※O	Vegetable Quiche ※O☆	Pesto pasta ※☆	Vegetable pie O※☆	vegetable stew ※O
POTATOES, RICE & VEGETABLES	Garlic potatoes O Or Steamed rice	Sautéed potatoes O Or Steamed rice	Buttered potatoes O Or Steamed rice	Paprika potatoes Or Steamed rice	Mashed potatoes O Or Steamed rice
	Bok choy Bean sprouts △	Spinach Carrots	Cabbage Sweet corn	Roast pumpkin Celery	Grilled vegetables Bean seedling △
HOT VEGETARIAN MEAL & SANDWICH OPTION	Year 2 -Year 6 can pre-order hot vegetarian meal & sandwiches (NB. Includes potatoes, rice and vegetables as above.)				
DESSERT & FRUIT	Seasonal fresh fruit bowl Or Banana cake	Seasonal fresh fruit bowl	Seasonal fresh fruit bowl	Seasonal fresh fruit bowl	Seasonal fresh fruit bowl Or Fruit yoghurt
Snack	Banana	Apple	Muffin	Banana	Pear

OUR HEALTHY EATING KEY

※ Gluten Content 面粉

O Dairy Product 牛奶

△ Legumes Product 豆类

Shell Fish & Seafood 鱼&海鲜

☆ Eggs Product 鸡蛋