



Lunch Menu, week beginning 23rd September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Asian	Millet Congee Sautéed Pork Meatballs Sautéed Green Pepper Potato Slices Rice	Spicy & Sour Soup Pork Dumplings Sautéed Tofu with Olives	Corn Soup Chicken Stew with Pineapple Eggplant Stew with Soy Sauce Rice	Seaweed Vegetable & Egg Soup Roast Duck with Soy Sauce Sautéed Vegetable Rice	Bean Soup Braised Pork with Taro Sautéed Rapeseed Rice
Western	Italian Style Vegetable Soup Curry Chicken Sautéed Vegetables Roast Pumpkin	Carrot Soup Roast Duck Sautéed Carrot Rice	Mushroom Soup Lasagna Beef Sauce Corn	Corn Soup Pork Meatballs Stew Sautéed Zucchini Roast Sweet Potato	Pumpkin Soup Beef Hamburger Lettuce Corn
Vegetarian	Egg Pancake	Sautéed Vegetable with Rice	Vegetable Lasagna	Noodles with Tomato & Egg	Egg Hamburger
Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
Dessert		Banana Cake		Yellow Peach Cake	Ice-lolly
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Apple Juice
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt