



Primary Menu

Week Beginning 11 November 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP & Starter		Cream of cauliflower soup *O	Cream of vegetables soup *O	Coconut chicken soup *O	Cream of tomato soup *O
MAIN		Roast chicken with pesto sauce Honey roast pork loin * Δ	Chinese dumplings * Beef goulash	Grill chicken Δ* Steamed fish with tomato cream sauce # O	Cheese pizza *O Chili con carne Δ
VEGETARIAN OPTION		Salad bar	Salad bar	Salad bar	Salad bar
		Vegetables wraps *O	Shanghai fried noodles*Δ	Baked potato & bean *ΔO	Vegetables moussaka *O
POTATOES, RICE & VEGETABLES		Sautéed potatoes Or Steamed rice	Paprika potatoes Or Steamed rice	Sweet potatoes Or Steamed rice	Garlic potatoes Or Steamed rice
		Choy sum Peas Δ	Spinach Bean sprout Δ	Cabbage Carrots	Roast pumpkin Zucchini
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	Seasonal fresh fruit bowl	Seasonal fresh fruit bowl	Seasonal fresh fruit bowl Or Fruit yoghurt
Snack		Danish	Banana	Apple	Tangerine

OUR HEALTHY EATING KEY

□ Gluten Content 面粉

O Dairy Product 牛奶

Δ Legumes Product 豆类

Shell Fish & Seafood 鱼&海鲜

☆ Eggs Product 鸡蛋