



Dinner Menu September 2021

		Monday	Tuesday	Wednesday	Thursday
		30 Aug	31 Aug	01 Sep	02 Sep
	Ѕоир		Onion Soup 洋蔥湯	Chayote with Pork Bone Soup 合掌瓜豬肉湯	Cream of Mushroom Sou⊅ 雜菌濃湯 🊹
	Main A		Pan-fried Fish Fillet with Pumpkin Sauce 南瓜汁煎魚柳	Steamed Pork Patty & Mushroom 香菇蒸肉餅	British Beef Stew 英式燴牛肉
	Main B		Roasted Chicken with Rosemary 迷迭香燒烤雞	Stir-fried Chicken with Cucumber 青瓜炒雞柳	Chicken & Mushroom Stew 蘑菇燴雞
	Vegetables		Coleslaw 甘荀椰菜沙律	Sautéed Baby Cabbage with Garlic 清炒蒜蓉娃娃菜	Roasted Vegetables 燒雜瓜
	Grains		Pasta 意粉	Pice 白飯	Mashed Potato 薯蓉
	Other		Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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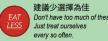






























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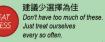
		Monday	Tuesday	Wednesday	Thursday 🗸
		06 Sep	07 Sep	08 Sep	09 Sep
	Ѕоир	White Radish, Carrot & Sweet Corn Soup 青紅蘿蔔粟米湯	Cream Of Sweet Corn Soup 粟米忌廉湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯	Minestrone 雜菜湯
00	Main A	Steamed PorkRib in Soy Sauce 豉汁蒸排骨	Baked Fish Fillet with Cheese 芝士焗魚柳	Braised Chicken & Potato with Chu Hou Sauce 柱候雞球薯仔	Indian Curry Beef 印度咖喱牛肉
	Main B	Stir-fried Fresh Tomato with Chicken 鮮茄炒雞柳	Roasted Pork Loin with Mushroom Sauce 蘑菇汁燒豬柳	Steamed Sliced Pork with Preserved Vegetables 梅菜蒸肉片	Tandoori Chicken 天多利燒雞
	Vegetables	Boiled Long Cabbage 白灼紹菜	Baked Pumpkin 焗南瓜	Stir-fried Hairy Gourd with Vermicelli 節瓜炒粉絲	Indian Curry Vegetables 印度咖喱雜菜
25	Grains	Rice 白飯	Pasta 意粉	Rice 白飯	Rice 白飯
	Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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請適宜地食用





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1		Monday	Tuesday	Wednesday	Thursday
I		13 Sep	14 Sep	15 Sep	16 Sep
2	Soup	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨湯	Seafood Chowder Soup 周打海鮮湯 🚹	Old Cucumber, Sweet Corn & Pork Bone Soup 老黃瓜粟米豬骨湯	Bacon & Cauliflower Soup 煙肉椰菜湯
00	Main A	#K Style Swiss Chicken Wing 瑞士雞翼	Thai Style Braised Pineapple & Stew 泰式菠蘿燴牛肉	King Dou Pork 京都骨	Mild Curry Chicken 淡咖喱鷄
	Main B	Steamed Fish with Soy Sauce 豉汁蒸魚柳	Baked Rosemary Chicken 露絲馬利雞扒	Streamed Tri-color Egg & Mushroom 三色蘑菇蒸水蛋	Stir-fried Sliced Pork with Cabbage& Dried Bean 豆乾肉片炒椰菜
~	Vegetables V	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	Sautéed Broccoli with Garlic 蒜蓉炒西蘭花	Stir-fried Green Bean with Black Bean Sauce 豆豉炒四季豆	Thai Style Stir- fried Mixed Vegetables 泰式炒雜菜
~	Grains	Rice 白飯	Mashed Potato 薯蓉	Rice 白飯	Rice 白飯
	Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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		Monday	Tuesday	Wednesday	Thursday
		20 Sep	21 Sep	22 Sep	23 Sep
A	Ѕоир	Old Cucumber & Sweet Corn Soup 老黃瓜粟米湯	-	The Day Following Mid-Autumn Festival	Fish Chowder Soup 周打魚湯
0.	Main A	Lemon Chicken 西檸雞	1		Stir-fried Beef with Onion 洋葱炒牛肉
	Main B	Stir-fried Sliced Pork with Cabbage 椰菜炒肉片	•		Chicken A La King 白汁雞皇
	Vegetables	Boiled Bay Choi 白灼菜芯	-		Roasted Vegetable 燒雜菜
	Grains	Rice 白飯	-		Pasta 意粉
	Other	Fresh Fruit 生果	1		Fresh Fruit 生果



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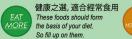












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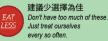
		Monday	Tuesday	Wednesday	Thursday 🗸
		27 Sep	28 Sep	29 Sep	30 Sep
0	Ѕоир	Black-Eyed Pea & Pork Bone Soup 眉豆豬骨湯	Tomato Soup 蕃茄蓉湯	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨 湯	
	Main A	Steamed Chicken with Cloud Fungus 金針雲耳蒸雞	Portuguese Chicken 葡國雞	Fish Fillet with Sweet Corn Sauce 粟米魚柳	The Day
	Main B	Stir-fried Fish with Celery & Black Fungus 西芹雲耳炒魚片	Braised Lotus Root & Pork Rib 蓮藕炆排骨	Braised Chicken with Straw Mushroom & Tofu 草菇雞柳豆腐	Before National Day
27 4	Veggbles	Stir-fried Romaine Lettuce with Garlic 蒜蓉油麥菜	Sautéed Mixed Vegetables 清炒時蔬	Stir-fried Chinese Zucchini & Black Fungus 翠玉瓜炒雲耳	
15	Grains	Rice 白飯	Rice 白飯	Rice 白飯	
	Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	V.



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請適宜地食用







Traffic Light Guide that helps you make heathy choices easy!

WHAT'S OUR GRADING CRITERIA FOR ALL LUNCH MEALS? WHAT DOES THE COLOUR REPRESENT? LET'S TAKE A BRIEF LOOK!











Want to know more?

Scan this QR code for our reference document from the Centre for Health Protection or simply visit the EatSmart Website https://school.eatsmart.gov.hk/ for more information





