





























Tea Menu May 2022

	Monday	Tuesday	Wednesday	Thursday
	2/5	3/5	4/5	5/5
Main	Corn and Tuna Pizza 吞拿魚粟米薄餅  	Sweetcorn Cup 粒粒粟米杯	Xiao Long Bao 小籠包	Oatmeal Raisin Cookies 燕麥葡萄乾餅乾
Beverage	Low Fat Milk 低脂奶 	Fruit Juice 果汁	Light Chinese Tea 淡中國茶	Ovaltine 阿華田 
	9/5	10/5	11/5	12/5
Main	Mini Hog dog 迷你熱狗  	Mini Banana Muffin 迷你香蕉鬆餅  	Curry Fish Ball 咖喱魚蛋 	Mixed Fruit & Potato Salad 雜果薯仔沙律 
Beverage	Horlicks 好立克 	Low Fat Milk 低脂奶 	Fruit Juice 果汁	Ovaltine 阿華田 
	16/5	17/5	18/5	19/5
Main	Siu Mai 魚肉燒賣 	中式餃子 Chinese Dumpling	Mini English Raisin Scone 迷你英式提子鬆餅  	Mini Ham and Pineapple Pizza 迷你菠蘿火腿薄餅  
Beverage	Horlicks 好立克 	Light Chinese Tea 淡中國茶	Ovaltine 阿華田 	Fruit Juice 果汁
	23/5	24/5	25/1	26/1
Main	Pan-fried Pork Bun 生煎包	Egg Mayo Salad Sandwich 蛋沙律三文治  	Fish and Lettuce 生菜魚肉湯 	Mini Chocolate Muffin 迷你朱古力鬆餅  
Beverage	Ovaltine 阿華田 	Fruit Juice 果汁	Light Chinese Tea 淡中國茶	Low Fat Milk 低脂奶 

EAT MORE
健康之選，適合經常食用
These foods should form the basis of your diet.
So fill up on them.

EAT MODERATELY
請適宜地食用
Best eaten in moderation.
These foods are still important for a balanced diet.

EAT LESS
建議少選擇為佳
Don't have too much of these.
Just treat ourselves every so often.

素食
Vegetarian Choice

含有蛋類
Egg Alert

含有奶類
Dairy Alert


含有魚類
Fish Alert

含有貝殼類海鮮
Shellfish Alert

以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



Tea Menu May 2022

	Monday	Tuesday	Wednesday	Thursday
	30/5	31/5		
Main	Sweetcorn Cup 粒粒粟米杯	Tuna on Crackers 吞拿魚梳打餅		
Beverage	Low Fat Milk 低脂奶 	Fruit Juice 果汁		

