

MONTHLY MENU



April 1st to 3rd

	MONDAY	TUESDAY	WEDNESDAY 1 st	THURSDAY 2 nd	FRIDAY 3 rd
Fruit / Soup					
Meal A (Western)					
Meal B (Asian)					
Meal C (Chef Special)					



Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices



From cage-free eggs to low-carbon footprint produce, sustainability is incorporated throughout our menus



April 6th to 10th

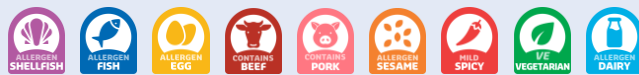
MONTHLY MENU



	MONDAY 6 th	TUESDAY 7 th	WEDNESDAY 8 th	THURSDAY 9 th	FRIDAY 10 th
Fruit / Soup					
Meal A (Western)					
Meal B (Asian)					
Meal C (Chef special)					



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April 13rd to 17th

MONTHLY MENU



	MONDAY 13 rd	TUESDAY 14 th	WEDNESDAY 15 th	THURSDAY 16 th	FRIDAY 17 th
Fruit / Soup	French Onion Soup 經典法式洋蔥湯	Fresh Fruit 新鮮水果	Bak Kut Teh 肉骨茶	Fresh Fruit 新鮮水果	Creamy Cauliflower Soup 忌廉椰菜花湯
Meal A (Western)	Roasted Cauliflower and Chickpea Salad with Pita Bread 燒椰菜花雞豆沙律配比得包	Roasted Bell Pepper Caprese Quinoa Pasta 燒甜椒藜麥配意粉	Singapore Coconut Curry Beef with Rice 星加坡椰汁咖喱牛肉飯 (微辣)	Chicken in Creamy Mushroom Sauce with Rice 香菇忌廉雞絲配飯	Fish Burger with French Fries 魚柳包配薯條
Meal B (Asian)	Braised Chicken with Onion and Rice 洋蔥雞扒配飯	Dry-fried Rice Noodles with Beef and Spring Roll 干炒牛河配素春卷	Singapore Noodles with Scallion Pancake 星洲炒米配手抓餅	Braised Rice Noodles with Preserved Vegetable Served with Steamed Flower Rolls 雪菜肉絲炆米配蒸花卷	Shanghai Fried Noodles with Grilled Corn 上海粗炒配燒粟米
Meal C (Chef special)	Stir Fried Pork Belly with Teriyaki Sauce Steamed Rice 照燒汁肉片飯	Nasi Goreng 印尼炒飯	Hainanese Chicken with Rice 海南雞球飯	Roasted Cherry Tomato and Zucchini with Pasta 燒車厘茄,青黃意大利瓜配意粉	Japanese style Chicken with Rice 日式雞丼飯



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April 20th to 24th

MONTHLY MENU



	MONDAY 20 th	TUESDAY 21 st	WEDNESDAY 22 nd	THURSDAY 23 rd	FRIDAY 24 th
Fruit / Soup	Carrot Cream Soup 甘筍忌廉湯	Fresh Fruit 新鮮水果	Tofu & Egg Broth 豆腐蛋花湯	Fresh Fruit 新鮮水果	Borscht 羅宋湯
Meal A (Western)	Grilled Vegetable Pesto with Pasta 燒雜菜香草醬配意粉	Baked Creamy Minced Beef Pasta with Cheese 芝士牛肉碎焗忌廉意粉	Creamy Spinach Chicken Pasta 菠菜雞肉配意粉	Honey Mustard Pork Loin with Pasta 蜜蜂芥末豬柳配意粉	Mac and Cheese with Garlic Bread 美式芝士忌廉焗通粉配蒜蓉包
Meal B (Asian)	Stir-Fried Lai Fun with Shredded Chicken 雞絲炒瀨粉	Stir-fried Rice Vermicelli with Mix Veg, Roasted Pumpkin 雜菜炒米粉配燒南瓜	Steamed Diced Pork with Pickled and Rice 梅子蒸肉粒配飯	Steamed Egg with Vermicelli and Rice 粉絲蒸水蛋配飯	Stir Fried Chicken and Celery with Rice 西芹炒雞柳配飯
Meal C (Chef special)	Pork Chop in Tomato Sauce with Rice 蕃茄豬扒配飯	Butter Chicken with Rice (Mildly Spicy) 奶油咖哩雞配飯(微辣)	Mexican Burrito with Corn Salad 墨西哥卷配粟米沙律	Braised Beef with Rice 紅燒牛肉配飯	Hawaiian Pizza with Coleslaw 夏威夷披薩配椰菜絲沙律



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April 27th to 30th

MONTHLY MENU



	MONDAY 27 th	TUESDAY 28 th	WEDNESDAY 29 th	THURSDAY 30 th	FRIDAY
Fruit / Soup	<p>Cream of Broccoli Soup 忌廉西蘭花湯</p> 	<p>Fresh Fruit 新鮮水果</p>	<p>Green Radish and Carrot Soup 青紅蘿蔔粟米湯</p>	<p>Fresh Fruit 新鮮水果</p>	
Meal A (Western)	<p>Baked Fish Fillet with Tomato Sauce and Pasta 蕃茄汁魚柳配意粉</p>  	<p>Beef Stew with Pasta 燉牛肉配意粉</p> 	<p>Lemon and Olives Chicken with Roasted Potato 檸檬橄欖雞肉配燒薯仔</p>	<p>Creamy Ricotta Chicken with Rice 忌廉瑞可達雞肉配飯</p> 	
Meal B (Asian)	<p>Mixed Vegetables, Egg White Fried Rice with To Fu 雜菜蛋白炒飯配豆腐</p>  	<p>Scrambled Egg with BBQ Pork and Brown Rice 叉燒炒蛋配糙米飯</p>  	<p>Steamed Pork Patty with Mushroom Steamed Rice 香菇蒸肉餅飯</p> 	<p>Char Kway Teo with Samosa 炒貴刁配咖哩角</p> 	
Meal C (Chef special)	<p>Korean Honey Chicken with Rice 韓式蜜糖燒雞配飯</p>	<p>Deep Fried Pumpkin Cake in Japanese Curry with Rice 日式咖哩炸南瓜餅配飯</p> 	<p>Garlic and Olive Oil with Pasta 蒜香意粉</p> 	<p>Mozzarella and Roasted Zucchini Panini with Corn Salad 莫薩里拉芝士燒菜帕尼尼配粟米沙拉</p> 	



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