



Tea Menu Sept 2022

	Monday	Tuesday	Wednesday	Thursday
				1/9
Main				Mini Chocolate Muffin 迷你朱古力鬆餅
Beverage				Low Fat Milk 低脂奶
	5/9	6/9	7/9	8/9
Main	Siu Mai 魚肉燒賣	Mini Hog dog 迷你熱狗	Sweetcorn Cup 粒粒粟米杯	中式餃子 Chinese Dumpling
Beverage	Fruit Juice 果汁	Soy Milk 豆漿	Ovaltine 阿華田	Chinese Tea 中國茶
	12/9	13/9	14/9	15/9
Main	-	Pan-fried Pork Bun 生煎包	Egg Salad Sandwich 蛋沙津三文治	Tomato & Chicken Pizza 番茄雞肉薄餅
Beverage	-	Chinese Tea 中國茶	Fruit Juice 果汁	Soy Milk 豆漿
	19/9	20/9	21/9	22/9
Main	Fish and Lettuce 生菜魚肉湯	Oatmeal Raisin Cookies 燕麥葡萄乾餅乾	Sweetcorn Cup 粒粒粟米杯	Mini Butter Muffin 迷你牛油鬆餅
Beverage	Chinese Tea 中國茶	Fruit Juice 果汁	Horlicks 好立克	Ovaltine 阿華田



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



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



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 Sept 2022

	Monday	Tuesday	Wednesday	Thursday
	26/9	27/9	28/9	29/9
Main	Tuna on Crackers 吞拿魚梳打餅	Egg Mayo Salad Sandwich 蛋沙律三文治	Xiao Long Bao 小籠包	Japanese Dumplings 日式餃子
Beverage	Low Fat Milk 低脂奶	Chinese Tea 中國茶	Soy Milk 豆漿	Fruit Juice 果汁

