

SIS-Primary Menu Aug 10



Date	Week	A	B	C	D	Deli	
23-Aug	星期一	泰式香茅雞翼,魚腐飯及配菜 Chicken Wing, Fish Bean Curd in Thai Style w/ Rice & Side Vegetable	台式豬肉燥奶油麵及配菜 Braised Minced Pork in Taiwanese Style w/ Noodles & Side Vegetable	蒜香粉絲蒸茄子飯及配菜 Steamed Eggplant & Glass Noodles w/ Rice & Side Vegetable	煙三文魚三文治配果凍及配菜 Smoked Salmon Sandwiches w/ Jelly & Side Vegetable	京蔥爆牛肉配粟米飯及配菜 Stir-fried Sliced Beef with Leek w/ Corn Rice & Side Vegetable	
		蒸鮮菇滑雞飯及配菜 Steamed Mushroom and Diced Chicken w/ Rice & Side Vegetable	鮮茄粟米豬扒配天使麵及配菜 Baked Pork Chop, Fresh Tomato & Sweet Corn w/ Angel Hair & Side Vegetable	節瓜粉絲燴草菇飯及配菜 Stewed Squash, Straw Mushroom and Glass Noodles w/ Rice & Side Vegetable	碗仔翅配日式生煎飽及配菜 Mock Shark Fin Soup w/ Pan-Fried Pork Bun & Side Vegetable	支竹炆斑塊配飯及配菜 Braised Bean Curd Stick and Fish w/ Rice & Side Vegetable	
24-Aug	星期二	日式咖喱豬扒飯及配菜 (不辣) Pork Chop Curry in Japanese Style w/ Rice & Side Vegetable (Not Spicy)	香草白汁焗腸仔雞絲長通粉及配菜 Baked Sausage & Shredded Chicken in Cream Sauce w/ Penne & Side Vegetable	雜菜西班牙飯及配菜 Vegetable Paella & Side Vegetable	肉醬焗薯配熱狗及配菜 Baked Potato w/ Bolognese and Hot Dog & Side Vegetable	黑椒牛肉漢堡扒配粉仔及配菜 Burger Steak in Black Pepper Sauce w/ Pasta & Side Vegetable	
		富貴炒飯及配菜 Fried Rice w/ Mixed Vegetables, Shrimp, Scallion & Side Vegetable	菜肉餃湯麵及配菜 Pork & Veggie Dumpling w/ Noodles in Soup & Side Vegetable	扒車打芝士洋蔥三文治及配菜 Cheddar Cheese & Onion Toast w/ Side Vegetable	扒火腿,車打芝士三文治及配菜 Grilled Ham & Cheddar Sandwiches w/ Side Vegetable	雜錦雞丁配飯及配菜 Sauteed Mixed Vegetables, Cube Chicken w/ Rice & Side Vegetable	
25-Aug	星期三	中式粟米蒸魚柳飯及配菜 Steamed Fish Fillet & Corn w/ Rice & Side Vegetable	日式照燒雞扒意粉及配菜 Teriyaki Chicken W/ Spaghetti & Side Vegetable	五香滷水蛋,豆腐配紅米飯及配菜 Bean Curd and Egg in Spices Marinate w/ Brown Rice & Side Vegetable	日式雞扒冷面配藍梅鬆餅及配菜 Teriyaki Chicken & Noodles w/ Blueberry Muffin & Side Vegetable	五香滷水鴨及豆腐配紅米飯及配菜 Duck & Bean Curd in Spices Marinade w/ Red Rice & Side Vegetable	
		蜜汁叉燒配洋薹米飯及配菜 B.B.Q. Pork w/ Barley Rice & Side Vegetable	意大利式煎魚柳配扁意粉及配菜 Pan-fried Sole Fillet in Italian Style w/ Linguine & Side Vegetable	金菇素菜賽螃蟹飯及配菜 Scrambled Egg White with Diced Mixed Vegetables, Enoki w/ Rice & Side Vegetable	燒烤醬雞肉漢堡配薯角及配菜 BBQ Chicken Burger w/ Potato Wedge & Side Vegetable	香茜牛鬆金菇炆伊麵及配菜 Braised E-Fu Noodles w/ Enoki & Minced Beef & Side Vegetable	
26-Aug	星期四	翠塘豆腐海鮮紅米飯及配菜 Steamed Egg-white, Mixed Seafoods, Chicken & Bean Curd w/ Brown Rice & Side Vegetable	鮮茄肉醬通心粉及配菜 Bolognese w/ Macaroni & Side Vegetable	粉絲蒸水蛋飯及配菜 Steamed Egg Cake with Glass Noodles w/ Rice & Side Vegetable	至尊雞薄餅及配菜 Supreme Chicken Pizza w/ Side Vegetable	口水雞配飯及配菜 Spicy Chicken in Chinese Style w/ Rice & Side Vegetable	
		27-Aug	星期五	27-Aug	星期五	27-Aug	星期五
30-Aug	星期一	27-Aug	星期五	27-Aug	星期五	27-Aug	星期五
		31-Aug	星期二	31-Aug	星期二	31-Aug	星期二

* 所有餐款(A, B, C 及D) 均配以時菜或沙律 All dishes (A, B, C & D) will be served with side vegetable or salad.