

ROTATING SNACK MENU



	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
Week					
1	Mushroom and Chicken Rice Roll 蘑菇鸡肉饭团	Steamed Pork and Vegetables Dumplings 菜肉蒸饺	Fried Rice with BBQ Pork and Eggs 叉烧蛋炒饭	Fusilli with Chicken in Soup 鸡肉汤螺丝粉	Cornflakes with Soymilk 玉米片配豆浆
	Dragon Fruit 火龙果	Apple 苹果	Orange 橙	Apple 苹果	Melon 哈密瓜
2	Mixed Vegetables with Fried Noodles 杂菜炒面	Spaghetti Bolognaise 肉酱意粉	Strawberry Jam Sandwich 士多啤梨果酱三文治	Chicken and Carrot Congee 甘笋鸡肉粥	Stir Fried Spaghetti with Tri-Pepper & Shredded Beef 三色椒牛肉丝炒意粉
	Orange 橙	Apple 苹果	Melon 哈密瓜	Apple 苹果	Dragon Fruit 火龙果
3	Vanilla Soft Cake 雲呢拿蛋糕	Fried Rice with Corn, and Pumpkin 粟米南瓜蛋炒饭	Ham Sandwich 火腿三文治	Pancake with syrup 热香饼配糖浆	Mushroom and Chicken Rice Roll 蘑菇鸡肉饭团
	Apple 苹果	Orange 橙	Apple 苹果	Dragon Fruit 火龙果	Orange 橙
4	Corn and Tuna Pizza 吞拿鱼粟米薄饼	Pork and Pumpkin Congee 南瓜猪肉粥	Steamed BBQ Pork Bun 叉烧包	Tuna Macaroni 吞拿鱼通粉	Mild Chickpea & Lentil Masala Curry with Rice & Paratha Bread 鹰咀豆腐豆咖喱饭及薄饼
	Apple 苹果	Apple 苹果	Melon 哈密瓜	Dragon Fruit 火龙果	Orange 橙
Week					
5	Macaroni & Cheese 芝士焗通粉	Ham & Cheese Sandwich 火腿三文治	Fish Siu Mai 鱼肉烧卖	Hawaiian Pizza 夏威夷薄饼	Mexican Chicken Fajitas Wrap 墨西哥鸡肉卷
	Dragon Fruit 火龙果	Apple 苹果	Orange 橙	Apple 苹果	Melon 哈密瓜
6	Slice Green Tea Soft Cake 片装绿茶蛋糕	Fusilli with Tomato in Soup 番茄汤螺丝粉	Vanilla Soft Cake 雲呢拿蛋糕	Fried Rice with Ham, Green Bean 火腿青豆蛋炒饭	Raisins Bun 港式提子包
	Orange 橙	Apple 苹果	Melon 哈密瓜	Apple 苹果	Dragon Fruit 火龙果
7	Vegetarian Neapolitan Spaghetti 素拿坡里意粉	Egg Oatmeal with Soy Milk 鸡蛋麦皮配豆浆	Tuna Sandwich 吞拿鱼三文治	Bean Curd, Corn Congee 豆腐粟米粥	Fried Vermicelli with Minced Pork 碎肉炒米粉
	Apple 苹果	Apple 苹果	Melon 哈密瓜	Dragon Fruit 火龙果	Orange 橙
8	Tomato & Chicken Pizza 番茄鸡肉薄饼	Steamed Siu Lung Bao 2 pcs (Pork) 蒸小笼包2件 (猪肉)	Pork Chop & Fresh Tomato Sauce served with Rice 茄汁猪扒饭	Raisins Scone 提子干英式鬆餅	Lettuce, Ham Macaroni 生菜火腿通粉
	Apple 苹果	Apple 苹果	Melon 哈密瓜	Dragon Fruit 火龙果	Orange 橙

EAT MORE 健康之选, 适合经常食用
 These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY 请適宜地食用
 Best eaten in moderation. These food 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

可持續海鮮 Sustainable Seafood

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