

Monday 4th Nov			
Braised Chicken with Mushroom Chinese Cabbage with Carrot、Pumpkin、Broccoli Mashed Potato with Curry Sauce Steamed Sweet Potato Steamed Rice Cherry Tomato /Cucumber/Lettuce Fruit 红烧蘑菇鸡块；洋白菜、胡萝卜、南瓜、西兰花；咖喱土豆泥；蒸红薯；白米饭； 有机生菜、樱桃西红柿、黄瓜；西瓜、苹果		Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml	Energy 381kcal Protein 13g Fat 8.5g Carbohydrate 92g
Tuesday 5th Nov			
Macaroni with Beef and Tomato Sauce Baked Sweet Corn with Cheese Stir Fried Broccoli with Tomato Onion and Cheese Tart Carrot /Cucumber/Lettuce Fruit 意式小弯空心粉配烩牛肉粒西红柿罗勒酱；马祖里拉芝士焗玉米粒；鲜番茄西兰花；洋葱贝根芝士塔； 有机生菜、胡萝卜、黄瓜；梨、无籽葡萄		Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml	Energy 408kcal Protein 11g Fat 8.6g Carbohydrate 88g
Wednesday 6th Nov			
Chinese Dumpling Stir Fried Spinach and Egg with Vermicelli Stir Fried Potato Spring Roll Cherry Tomato /Cucumber/Lettuce/Fruit 中式鲜肉水饺；鸡蛋菠菜粉丝；香炒土豆丁；中式春卷； 有机生菜、樱桃西红柿、黄瓜；哈密瓜、苹果		Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml	Energy 399kcal Protein 11g Fat 8.9g Carbohydrate 102g
Thursday 7th Nov			
Stir Fried Mice Fish with Vegetable Chinese Cabbage with Mushroom Fresh Tomato with Egg Roasted Sweet Potato Steamed Rice Cherry Tomato /Cucumber/Lettuce/Corn Fruit 青瓜胡萝卜玉米粒炒鱼球；香菇油菜芯；鸡蛋炒西红柿；烤红薯；白米饭； 有机西红柿、黄瓜、生菜、玉米粒；西瓜、火龙果		Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml	Energy 426kcal Protein 12g Fat 8.7g Carbohydrate 105g
Friday 8th Nov			
Beef Ball Pizza Broccolo with Sweet Corn French Fries Sweet and Sour Sausage Fried Rice Cherry Tomato/ Cucumber /Kidney Bean Fruit ; 牛肉粒披萨；西兰花玉米粒；土豆条；菠萝蜜桃肠子花； 有机生菜、西红柿、黄瓜、红腰豆；哈密瓜；猕猴桃		Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml	Energy 384kcal Protein 14g Fat 7g Carbohydrate 56g

Monday 11th Nov			
<p>Braised Pork with Dofu Tea Egg Stir Fried Broccoli with Baby Corn and Carrot Steamed Corn Steamed Rice Cherry Tomato/ Cucumber /Carrot Fruit 台湾卤肉配炸酿豆腐；卤蛋；西兰花、玉米粒、胡萝卜合炒；蒸玉米；白米饭 有机西红柿、黄瓜、生菜、胡萝卜；西瓜、猕猴桃</p>		<p>Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml</p>	<p>Energy 408kcal Protein 11g Fat 8.6g Carbohydrate 88g</p>
Tuesday 12th Nov			
<p>Curry Chicken with Potato and Carrot Stir Fried Chinese Cabbage with Tomato Sweet Potato with Honey Stick Rice Ball Steamed Rice Cherry Tomato/ Cucumber /Baby Corn Fruit 日式咖喱鸡；鲜番茄洋白菜；蜂蜜饴糖红薯；豆面园子；白米饭 有机生菜、西红柿、小黄瓜、小玉米笋；火龙果、哈密瓜</p>		<p>Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml</p>	<p>Energy 417kcal Protein 13g Fat 10.2g Carbohydrate 105g</p>
Wednesday 13th Nov			
<p>Alfabeto with Mince Beef Sauce Broccoli with Carrot Potato Wedge Bacon and Onion Cherry Tomato/ Cucumber /Carrot Fruit 意大利肉丸字母面；胡萝卜丝西兰花；香炒土豆角；贝根洋葱奎式；有机生菜、樱桃西红柿、黄瓜、胡萝卜；西瓜、无籽葡萄</p>		<p>Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml</p>	<p>Energy 370kcal Protein 15g Fat 8.9g Carbohydrate 87g</p>
Thursday 14th Nov			
<p>Braised Beef with Potato Broccoli and Red Bean/Baby Corn/Carrot Stir Fried Potato Dice Steamed Corn Steamed Rice Cherry Tomato/ Cucumber /Carrot Fruit 竹笋炖牛肉；西蓝花、红腰豆、玉米笋、胡萝卜；香草土豆丁；水果玉米；白米饭 有机生菜、西红柿、胡萝卜、黄瓜；梨、红心火龙果</p>		<p>Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml</p>	<p>Energy 425kcal Protein 10.3g Fat 8.2g Carbohydrate 87g</p>
Friday 15th Nov			
<p>Mince Pork Steamed Dumpling Stir Fried Carrot,Potato,Green Pea and Sweet Corn Spinach with Vermicelli Meat Ball with Winter Melon Cherry Tomato/ Cucumber /Carrot Fruit 猪肉芹菜蒸饺；胡萝卜、土豆丁、豌豆、玉米粒；鸡蛋粉丝菠菜；冬瓜酿丸子 有机生菜、西红柿、胡萝卜、黄瓜；橙子、黄河蜜瓜</p>		<p>Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml</p>	<p>Energy 399kcal Protein 11g Fat 8.9g Carbohydrate 102g</p>

Monday 18th Nov			
<p>Roasted Pork Loin Orleans Style            Broccoli with Carrot and Corn            Nature Mashed Potato            Mince Pork with Egg Plant            Steamed Rice and Millet            Cherry Tomato /Cucumber/Lettuce Fruit            奥尔良烤小猪柳；西兰花配胡萝卜、玉米粒；鸡汁土豆泥；肉沫烧茄子；白米、小米二米饭            有机生菜、海南西红柿、有机黄瓜；哈密瓜、火龙果</p>		<p>Main Course 80g            Vegetable 80g            Fruit 100g            Meat 50g            Milk 100ml</p>	<p>Energy 416kcal            Protein 12g            Fat 8.7g            Carbohydrate 93g</p>
Tuesday 19th Nov			
<p>Braised Beef with Baby Bamboo            Chicken Cabbage with Mushroom            Nature Potato            Spring Roll            Steamed Rice            Cherry Tomato /Cucumber/Lettuce Fruit            罗汉笋烧牛肉、香菇油菜芯；香炒狼牙土豆；蔬菜春卷；白米饭            有机胡萝卜、黄瓜、玉米粒；橙子、西瓜</p>		<p>Main Course 80g            Vegetable 80g            Fruit 100g            Meat 50g            Milk 100ml</p>	<p>Energy 384kcal            Protein 14g            Fat 7g            Carbohydrate 56g</p>
Wednesday 20th Nov			
<p>Spaghetti with Meat Ball Sauce            Stir Fried Cabbage with Tomato            Stir Fried Potato Dice with Carrot and Green Pea            Egg Tart            Cherry Tomato /Cucumber/Lettuce/Fruit            牛肉丸意大利面；番茄洋白菜；胡萝卜青豆土豆丁；葡式蛋挞；            有机生菜、海南西红柿、有机黄瓜；黄河蜜瓜、苹果</p>		<p>Main Course 80g            Vegetable 80g            Fruit 100g            Meat 50g            Milk 100ml</p>	<p>Energy 370kcal            Protein 15g            Fat 8.9g            Carbohydrate 87g</p>
Thursday 21st Nov			
<p>Sweet and Sour Pork Rib            Baked Bacon Roll with Vegetable            Broccoli and carrot, Lotus, Bean            Steamed Corn            Steamed Rice            Cherry Tomato /Cucumber/Lettuce/Corn Fruit            糖醋小排骨肉；培根蔬菜卷；西蓝花、胡萝卜藕片、荷兰豆合炒；蒸水果玉米；白米饭；            有机西红柿、黄瓜、生菜、玉米粒；哈密瓜、梨</p>		<p>Main Course 80g            Vegetable 80g            Fruit 100g            Meat 50g            Milk 100ml</p>	<p>Energy 425kcal            Protein 12g            Fat 9.2g            Carbohydrate 119g</p>
Friday 22nd Nov			
<p>Steamed Fish with Soy Sauce            Chinese Cabbage with Sweet Corn            Anan Potato            Salt Quail Egg            Fried Rice            Cherry Tomato/ Cucumber /Bean Fruit            中式蒸鱼；玉米粒小白菜；安那土豆；卤鹌鹑蛋；蔬菜炒饭；            有机生菜、西红柿、黄瓜、鸡心豆；西瓜、菠萝</p>		<p>Main Course 80g            Vegetable 80g            Fruit 100g            Meat 50g            Milk 100ml</p>	<p>Energy 334kcal            Protein 19.2g            Fat 8.7g            Carbohydrate 78g</p>

Monday 25th Nov			
<p>Braised Beef with Fresh Tomato Fresh Broccoli Stir Fried Potato Cube Steamed Corn Steamed Rice Cherry Tomato/ Cucumber /Corn Fruit 鲜番茄炖牛腩；清炒西兰花；香炒土豆丁；蒸玉米；白米饭 有机西红柿、黄瓜、生菜、玉米粒；西瓜、火龙果</p>		<p>Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml</p>	<p>Energy 384kcal Protein 14g Fat 7g Carbohydrate 56g</p>
Tuesday 26th Nov			
<p>Mini Hot Dog Stir Fried Asparagus Lettuce and Carrot Baked Corn French Frie Cherry Tomato/ Cucumber /Baby Corn Fruit 迷你热狗；炒莴笋、胡萝卜丁；芝士焗玉米粒；土豆条； 有机生菜、西红柿、小黄瓜、小玉米笋；橙子、无籽葡萄</p>		<p>Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml</p>	<p>Energy 398kcal Protein 11g Fat 8.3g Carbohydrate 85g</p>
Wednesday 27th Nov			
<p>Braised Pork Rib with Corn Chinese Cabbage with Mushroom Potato with Herb Egg and Asparagus Lettuce Steamed Rice Cherry Tomato/ Cucumber /Carrot Fruit 红烧排骨配玉米粒；香菇油菜；香草好吃土豆角；鸡蛋炒莴笋片；白米饭；有机生菜、樱桃西红柿、黄瓜、胡萝卜；火龙果、小香瓜</p>		<p>Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml</p>	<p>Energy 428kcal Protein 13.5g Fat 8.3g Carbohydrate 102g</p>
Thursday 28th Nov			
<p>Roasted Chicken Orleans Style Broccoli and Red Bean/Baby Corn/Carrot Potato with Chopped Onion Sweet Corn Fried Rice Cherry Tomato/ Cucumber /Carrot Fruit 奥尔良烤鸡腿；西兰花、红腰豆、玉米笋、胡萝卜丝；洋葱碎土豆丁；番茄玉米粒；蔬菜炒饭 有机生菜、西红柿、胡萝卜、黄瓜；哈密瓜、苹果</p>		<p>Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml</p>	<p>Energy 426kcal Protein 14g Fat 9.2g Carbohydrate 98g</p>
Friday 29th Nov			
<p>Mince Beef with Tofu Skin Stir Fried Bean Sprout/Carrot/Baby Cabbage Stir Fried Potato Cube Stir Fried Tomato with Egg Steamed Rice Cherry Tomato/ Cucumber /Bean Fruit 浇汁松肉（牛肉）；粉丝豆芽、胡萝卜丝、小油菜；豆干香炒土豆丁；西红柿炒鸡蛋；白米饭 有机生菜、西红柿、黄瓜、鸡心豆；西瓜、猕猴桃</p>		<p>Main Course 80g Vegetable 80g Fruit 100g Meat 50g Milk 100ml</p>	<p>Energy 399kcal Protein 11g Fat 8.9g Carbohydrate 102g</p>