



Green
TUESDAY

	Monday	Green TUESDAY	Wednesday	Thursday	Friday
	17 Apr	18 Apr	19 Apr	20 Apr	21 Apr
<u>Starter</u>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Veggies Stick with Cauliflower Hummus ✓
<u>Hot Dish</u> A	Carbonnara Pasta   	Vegetarian Poole Campagnarde ✓ 	Chicken in Roasted Pepper Sauce 	Beef Lasagna   	Baked Fish Fillet with Tomato Sauce  
Starch	X	Roasted Potato	Steamed/Pilaf Rice	X	Buttered Barley  
Vegetables ✓	Steamed Cauliflower	Cheese Zucchini Bake 	Roasted Bell Pepper	Green Bean & Cherry Tomatoes	Roasted Carrots with Honey
Dairy 	Yogurt 	Cheese 	Yogurt 	Cheese 	Yogurt 
Dessert	Cherry & Apple Compote	White Chocolate Mousse with Passion Fruit  	Red Velvet Cake   	Fruits Salad	Ice Cream  



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable
Seafood
可持續海鮮



Egg Alert
含蛋類



Dairy Alert
含奶類



Soy Alert
含大豆



Fish Alert
含魚類



Shellfish Alert
含貝殼類海鮮



Peanut Alert
含花生

































Tree Nuts Alert
含堅果



Wheat Alert
含小麥



	Monday	Tuesday	Wednesday	Thursday	Friday
	24 Apr	25 Apr	26 Apr	27 Apr	28 Apr
<u>Starter</u>	Salad Bar	Salad Bar	Patatas Bravas	Salad Bar	Garlic Cheese & Bacon Bread   
<u>Hot Dish</u> A	Old South Coca Pork 	Roasted Chicken Jerk 	Chicken & Pork Paella  	Chicken Burger 	Fish Teriyaki    
Starch	Buttered Barley  	Buttered Pasta  	x	French Fries	Udon 
Vegetables 	Garlic Green Bean	Brown Sugar Baked Carrots	Provençal Tomatoes	Roasted Pumpkins with Spices	Ratatouille
Dairy	Cheese 	Yogurt 	Cheese 	Yogurt 	Cheese 
Dessert	Apples & Banana Compote	Chocolates Mousse Cake   	Creme Catalane  	Fruits Salad	Ice Cream  



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Tree Nuts Alert
含堅果
































Wheat Alert
含小麥

Eat Global
Thailand
(10/05)



Green
TUESDAY

	Monday	Green TUESDAY	Wednesday	Thursday	Friday
	01 May	02 May	03 May	04 May	05 May
Starter	Labour Day	Salad Bar	Salad Bar	Salad Bar	Cold Cuts
Hot Dish A		Bibimbap Vegetarian    	BBQ Ribs   	Beef Lasagna  	Cajun Fillet  
Starch		x	Roasted Potato	x	Buttered Barley  
Vegetables 		Vegetable Tian	Creamy Garlic Tuscan Mushrooms 	Provencal Tomatoes 	Corn In Cab
Dairy 		Cheese 	Yogurt 	Cheese 	Yogurt 
Dessert		Mango Cheesecake   	Normandy Butter Cake   	Fruits Salad	Ice Cream  



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Tree Nuts Alert
含堅果



Wheat Alert
含小麥



	Monday	Tuesday	Wednesday	Thursday	Friday
	08 May	09 May	10 May	11 May	12 May
<u>Starter</u>	Salad Bar	Salad Bar	Papaya Salad with Pomelo	Salad Bar	Tuna Puff    
<u>Hot Dish</u> A	Pork Carnitas 	Creamy Chipolte Chicken  	Thai Chilli Pork Curry  	Cordon Bleue    	Roasted Fish Chermoulas  
Starch	Buttered Spaghetti  	Buttered Barley  	Thailand Rice	French Fries	Semolina 
Vegetables	Carrots Vichy	Green Peas & Carrots	Corn Vegetable Sautée	Brown Sugar Baked Carrots	Roasted Pumpkins with Spices
Dairy	Cheese 	Yogurt 	Cheese 	Yogurt 	Cheese 
Dessert	Pears & Gingers Compote	Raisin Cake   	Mango Sago 	Fruits Salad	Ice Cream  



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含堅果



Wheat Alert
含小麥

	Monday	Green TUESDAY	Wednesday	Thursday	Friday
	15 May	16 May	17 May	18 May	19 May
<u>Starter</u>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Portobello ✓
<u>Hot Dish</u> A	Beef Picadillo 🥩	Cantonese Rice with Eggs & Tofu ✓ 🥚 🍲 🌿	Chicken Arrabiata 🍲	Pizza Ham & Cheese 🍷 🥛 🌿	Garlic Butter Fish 🥛 🐟 🌿
Starch	Pilaf Rice	x	Buttered Barley 🥛 🌿	x	Roasted Potato
Vegetables ✓	Broccoli Alfredo Baked 🥛	Vegetable Garden	Eggplants Parmesan 🥛	Broccoli Alfredo Baked 🥛	Garlic Green Bean
Dairy 🥛	Yogurt 🥛	Cheese 🥛	Yogurt 🥛	Cheese 🥛	Yogurt 🥛
Dessert	Peach Compote	Strawberry & Blood Orange Mousse 🥛 🥚 🌿	Profiterol 🥛 🥚 🌿	Fruits Salad	Ice Cream 🥛 🥚



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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	22 May	23 May	24 May	25 May	26 May
<u>Starter</u>	Salad Bar	Salad Bar			
<u>Hot Dish</u> A	Peruvian Chicken 	Pork Bulgogi   			
Starch	Roasted Potato	Udon 			
Vegetables 	Steamed Broccolis	Roasted Eggplant with Chilli			
Dairy 	Cheese 	Yogurt 			
Dessert	Apple & Vanilla Compote	White Chocolate Mousse Cake   			



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Peanut Alert
含花生



Tree Nuts Alert
含堅果



Wheat Alert
含小麥

	Monday	Green TUESDAY	Wednesday	Thursday	Friday
	29 May	30 May	31 May		
<u>Starter</u>	Salad Bar	Salad Bar	Salad Bar		
<u>Hot Dish</u> A	Hawaiian Chicken 	Vegetarian Moussaka  	Pork Curry Vindaloo 		
Starch	Buttered Pasta  	x	Noodles 		
Vegetables 	Roasted Cauliflower	Provencal Tomatoes	Braised Red Cabbage		
Dairy 	Yogurt 	Cheese 	Yogurt 		
Dessert	Strawberry & Apple Compote	German Cheesecake   	Black Forrest   		



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Wheat Alert
含小麥



	Monday	Tuesday	Wednesday	Thursday	Friday
				01 June	02 June
Starter				Salad Bar	Broccoli Puff   
Hot Dish A				Hot Dog   	Roasted Fish Chermoulas  
Starch				French Fries	Couscous 
Vegetables 				Green peas & Carrots	Garden Vegetables
Dairy 				Yogurt 	Cheese 
Dessert				Fruits Salad	Ice Cream  



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Tree Nuts Alert
含堅果



Wheat Alert
含小麥



	Monday	Green TUESDAY	Wednesday	Thursday	Friday
	05 June	06 June	07 June	08 June	09 June
<u>Starter</u>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Mini Pizza  
<u>Hot Dish</u> A	Carnitas Pork Pasta Casserole   	Cantonese Fried Rice with Eggs    	Roasted Chicken with Fresh Herbs   	Beef Lasagna   	Pan Fried Fish Fillet with Cream Sauces   
Starch	-	-	Couscous 	-	Roasted Potato
Vegetables	Roasted Garlic Mushrooms	Ginger Pak Choy	Moroccan Carrot	Steamed Broccolis	Roasted Honey Pumpkins
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Yogurt 
Dessert	Apple & Banana Compote	Chocolate Mousse Cake   	Brownie   	Fruits Salad	Ice Cream  



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Wheat Alert
含小麥



	Monday	Tuesday	Wednesday	Thursday	Friday
	12 June	13 June	14 June	15 June	16 June
<u>Starter</u>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Bruschetta
<u>Hot Dish</u> A	Chicken Lombardy 	Korean Chicken with Spring Onion 	Old South Coca Cola Pork 	Croque Monsieur 	Dijon Fish Fillet
Starch	Buttered Pasta 	Steamed Rice	Buttered Barley 	French Fries	Spaghetti
Vegetables 	Braised Cabbage	Roasted Broccolis	Steamed Cauliflower	Roasted Carrots with Honey	Honey Roasted Vegetable
Dairy 	Yogurt 	Cheese 	Yogurt 	Cheese 	Yogurt
Dessert	Pear & Ginger Compote	Mango Mousse Cake 	Marble Cake 	Fruits Salad	Ice Cream



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Wheat Alert
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Eat Global
Brazil
(30/06)



Green
TUESDAY

	Monday	Green TUESDAY	Wednesday	Thursday	Friday
	19 June	20 June	21 June	22 June	23 June
Starter	Salad Bar	Salad Bar	Salad Bar	<p>Dragon Boat Festival</p>	Tortillas Rolls with Ham & Cheese  
Hot Dish A	Italian Pasta Chicken Casserole   	Maghmours Chickpeas Stew 	Spaghetti Bolognese  		Grilled Fish with Tomato Salsa  
Starch	-	Couscous 	-		Couscous 
Vegetables 	Corn In Cab	Roasted Eggplant	Tuscan Mushrooms 		Tian Vegetable
Dairy 	Cheese 	Yogurt 	Cheese 		Yogurt 
Dessert	Apple & Vanilla Compote	New York Cheesecake   	Normandy Butter Cake   		Ice Cream  



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Wheat Alert
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Eat Global
Brazil
(30/06)



Green
TUESDAY

	Monday	Green TUESDAY	Wednesday	Thursday	Friday
	26 June	27 June	28 June	29 June	30 June
<u>Starter</u>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	 Buffet
<u>Hot Dish</u> A	Chicken Alfredo  	Sweet & Sour Pork 	Chicken Mustard  	Ham & Cheese Pizza   	
Starch	Roasted Potatoes	Pilaf Rice	Steamed Rice	-	
Vegetables 	Carrot Vichy	Green Bean w/ Cherry Tomato	Pak Choi With Ginger	Chef Salad	
Dairy 	Cheese 	Yogurt 	Cheese 	Yogurt 	
Dessert	Lychee Compote	German Cheesecake   	Neapolitan Cake   	Fruits Salad	



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