





Green
TUESDAY

	Monday	Green TUESDAY	Wednesday	Thursday	Friday
	17 Apr	18 Apr	19 Apr	20 Apr	21 Apr
<u>Soup</u>	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
<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  
<u>Hot Dish</u> B	Spaghetti Mushrooms Bolognese ✓ 	Sweet Potato Kales Curry ✓ 	Dijon Fish Fillet  	Vegetarian Lasagna ✓  	Crock Pot Vegetarian ✓ 
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>Soup</u>	Soup of the day	Soup of the day	Gazpacho Soup	Soup of the day	Soup of the day
<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    
<u>Hot Dish</u> B	Vegetarian Steak   	Parmesan Spaghetti & Roasted Veggies   	Fish Paella  	Vegetarian/Eggs Burger    	Thai Pot Noodle    
<u>Starch</u>	Buttered Barley  	Buttered Pasta  	x	French Fries	Udon 
<u>Vegetables</u> 	Garlic Green Bean	Brown Sugar Baked Carrots	Provencal Tomatoes	Roasted Pumpkins with Spices	Ratatouille
<u>Dairy</u>	Cheese 	Yogurt 	Cheese 	Yogurt 	Cheese 
<u>Dessert</u>	Apples & Banana Compote	Chocolates Mousse Cake   	Creme Catalane  	Fruits Salad	Ice Cream  



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Tree Nuts Alert
含堅果



Wheat Alert
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Green
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	Monday	Green TUESDAY	Wednesday	Thursday	Friday
	01 May	02 May	03 May	04 May	05 May
<u>Soup</u>	Labour Day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
<u>Starter</u>		Salad Bar	Salad Bar	Salad Bar	Cold Cuts
<u>Hot Dish</u> A		Bibimbap Vegetarian    	BBQ Ribs    	Beef Lasagna  	Cajun Fillet  
<u>Hot Dish</u> B		Vegetarian Moroccan Couscous  	Crispy Fish Fillet with Coriander   	Vegetarian Lasagna  	Omelette Veggies   
Starch		x	Roasted Potato	x	Buttered Barley  
Vegetables 		Vegetable Tian	Creamy Garlic Tuscan Mushrooms 	Provencal Tomatoes 	Corn on Cob
Dairy 		Cheese 	Yogurt 	Cheese 	Yogurt 
Dessert		Mango Cheesecake   	Normandy Butter Cake   	Fruits Salad	Ice Cream  



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Wheat Alert
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	Monday	Tuesday	Wednesday	Thursday	Friday
	08 May	09 May	10 May	11 May	12 May
<u>Soup</u>	Soup of the day	Soup of the day	Tom Yung Soup	Soup of the day	Soup of the day
<u>Starter</u>	Salad Bar	Salad Bar	Papaya Salad with Pomelo	Salad Bar	Tuna Puff    
<u>Hot Dish</u> A	Pork Carnitas 	Creamy Chipotle Chicken  	Thai Chilli Pork Curry  	Cordon Bleue    	Roasted Fish Chermoulas  
<u>Hot Dish</u> B	Hand Pie Moroccan Style   	Mahi Mahi Fish  	Thai Green Vegetarian Curry  	Vegetarian Quesilladas   	Vegetable & Bean Stew 
<u>Starch</u>	Buttered Spaghetti  	Buttered Barley  	Thailand Rice	French Fries	Semoulina 
<u>Vegetables</u>	Carrots Vichy	Green Peas & Carrots	Corn Vegetable Sautée	Brown Sugar Baked Carrots	Roasted Pumpkins with Spices
<u>Dairy</u>	Cheese 	Yogurt 	Cheese 	Yogurt 	Cheese 
<u>Dessert</u>	Pears & Gingers Compote	Raisin Cake   	Mango Sago 	Fruits Salad	Ice Cream  



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Wheat Alert
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	Monday	Green TUESDAY	Wednesday	Thursday	Friday
	15 May	16 May	17 May	18 May	19 May
<u>Soup</u>	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
<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 🐟🧀🌾
<u>Hot Dish</u> B	Fish Tomato Salsa 🐟🌾	Sweet Potatoes Cheese Casserole ✓🧀	Vegan Spinach Croquette ✓🌾🌾	Margherita Pizza ✓🧀🌾	Frittata Cheese & Tomato ✓🧀🌾
<u>Starch</u>	Pilaf Rice	x	Buttered Barley 🌾🌾	x	Roasted Potato
<u>Vegetables</u> ✓	Broccoli Alfredo Baked 🌾	Vegetable Garden	Eggplants Parmesan 🌾	Broccoli Alfredo Baked 🌾	Garlic Green Bean
<u>Dairy</u> 🧀	Yogurt 🧀	Cheese 🧀	Yogurt 🧀	Cheese 🧀	Yogurt 🧀
<u>Dessert</u>	Peach Compote	Strawberry & Blood Orange Mousse 🧀🥚🌾	Profiterol 🧀🥚🌾	Fruits Salad	Ice Cream 🧀🥚



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	Monday	Tuesday	Wednesday	Thursday	Friday
	22 May	23 May	24 May	25 May	26 May
<u>Soup</u>	Soup of the day	Soup of the day			
<u>Starter</u>	Salad Bar	Salad Bar			
<u>Hot Dish</u> A	Peruvian Chicken 	Pork Bulgogi   			
<u>Hot Dish</u> B	Vegetarian Kebab 	Fried Udon with Bean curd   			
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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	Monday	Green TUESDAY	Wednesday	Thursday	Friday
	29 May	30 May	31 May		
<u>Soup</u>	Soup of the day	Soup of the day	Soup of the day		
<u>Starter</u>	Salad Bar	Salad Bar	Salad Bar		
<u>Hot Dish</u> A	Hawaiian Chicken 	Vegetarian Moussaka  	Pork Curry Vindaloo 		
<u>Hot Dish</u> B	Croque Madame    	Florentine Spaghetti with Eggs   	Tandoori Fish Tikka  		
<u>Starch</u>	Buttered Pasta  	x	Noodles 		
<u>Vegetables</u> 	Roasted Cauliflower	Provençal Tomatoes 	Braised Red Cabbage		
<u>Dairy</u> 	Yogurt 	Cheese 	Yogurt 		
<u>Dessert</u>	Strawberry & Apple Compote	German Cheesecake   	Black Forrest   		



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Wheat Alert
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	Monday	Tuesday	Wednesday	Thursday	Friday
				01 June	02 June
<u>Soup</u>				Soup of the day	Soup of the day
<u>Starter</u>				Salad Bar	Broccoli Puff   
<u>Hot Dish</u> A				Hot Dog   	Roasted Fish Chermoulas  
<u>Hot Dish</u> B 				Vegetarian Hot Dog  	Vegetarian Aloo Gobi with Eggs  
Starch				French Fries	Couscous 
Vegetables 				Green peas & Carrots	Garden Vegetables
Dairy 				Yogurt 	Cheese 
Dessert				Fruits Salad	Ice Cream  



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(30/06)



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	Monday	Green TUESDAY	Wednesday	Thursday	Friday
	05 June	06 June	07 June	08 June	09 June
<u>Soup</u>	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
<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   
<u>Hot Dish</u> B 	Mac & Cheese with Eggs  	Yaki Noodles Tofu  	Vegetarian Tajine with Chickpeas  	Florentine Lasagna  	Vegetarian Nuggets 
<u>Starch</u>	-	-	Couscous 	-	Roasted Potato
<u>Vegetables</u>	Roasted Garlic Mushrooms	Ginger Pak Choy	Moroccan Carrot	Steamed Broccolis	Roasted Honey Pumpkins
<u>Dairy</u>	Yogurt 	Cheese 	Yogurt 	Cheese 	Yogurt 
<u>Dessert</u>	Apple & Banana Compote	Chocolate Mousse Cake   	Brownie   	Fruits Salad	Ice Cream  



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	Monday	Tuesday	Wednesday	Thursday	Friday
	12 June	13 June	14 June	15 June	16 June
<u>Soup</u>	Soup of the day	Soup of the day	Tom Yung Soup	Soup of the day	Soup of the day
<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
<u>Hot Dish</u> B 	Cheese Frittata 	Fish Teriyaki 	Vegetarian Croquette 	Croque Madame 	Italian Eggs with Tomato Sauce
<u>Starch</u>	Buttered Pasta 	Steamed Rice	Buttered Barley 	French Fries	Spaghetti
<u>Vegetables</u> 	Braised Cabbage	Roasted Broccolis	Steamed Cauliflower	Roasted Carrots with Honey	Honey Roasted Vegetable
<u>Dairy</u> 	Yogurt 	Cheese 	Yogurt 	Cheese 	Yogurt
<u>Dessert</u>	Pear & Ginger Compote	Mango Mousse Cake 	Marble Cake 	Fruits Salad	Ice Cream



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



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	Monday	Tuesday	Wednesday	Thursday	Friday
	26 June	27 June	28 June	29 June	30 June
<u>Soup</u>	Soup of the day	Soup of the day	Soup of the day	Soup of the day	 Buffet
<u>Starter</u>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	
<u>Hot Dish</u> A	Chicken Alfredo  	Sweet & Sour Pork 	Chicken Mustard  	Ham & Cheese Pizza   	
<u>Hot Dish</u> B 	Vegetarian Poele with Eggs   	Veg. Swedish Meat Ball 	Cantonese Rice With Tofu  	Margherita Pizza  	
Starch	Roasted Potatoes	Pilaf Rice	Steamed Rice	-	
Vegetables 	Carrot Vichy	Green Bean w/ Cherry Tomato	Pak Choi With Ginger	Steamed Cauliflower	
Dairy 	Cheese 	Yogurt 	Cheese 	Yogurt 	
Dessert	Lychee Compote	German Cheesecake   	Neapolitan Cake   	Fruits Salad	



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