

Lunch Menu 20-24 Oct



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Chocolate Soft Cake Cake Soybeans Wheat	Spring Roll Soybeans Wheat	Fried Potato Cubes	Chocolate Chips Cookies Liping Liping Liping Cookies Liping Liping Liping Cookies Liping Liping Liping Cookies Wheat	Portuguese Tarts Figure 1: Dairy Soybeans Wheat
Salad & Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar
Meal A	Hainan Chicken with Rice Chicken Soybeans	Coq au vin with Rice Chicken Soybeans Wheat	Roasted Herbs Chicken in Lemon & Honey sauce with Rice Chicken Soybeans	Pork Curry with Rice Soybeans Near Wheat	Smoked Pork Loin with Cranberry sauce & Smile Potato Pork Pork Soybeans Smoked Pork Loin With Soybeans
Meal B	Braised Beef & Turnip with Rice Rice Soybeans Wheat	Gambas with Aglio e Oilo Pasta Crustacean Shellfish Sovbeans Wheat	Bacon Carbonara Pork Bacon Carbonara Solve Egg Solve Solve ans Wheat	Baked Fish in Sweet Corn Sauce with Rice	Scallop with Ink Pasta Pasta Crustacean Shellfish Pasta Soybeans Wheat
Chef's Choice	Braised Rice Noodle with Preserved Vegetable & Shredded Vegan Meat (V) Soybeans Wheat	Tortilla Espanola (V)	Steamed Egg and Mushroom with Rice (V)	Sauteed Vegan Meat & Bell pepper in Black beans sauce with Rice (V)	Halloween Ball with Garlic Bread (V) Egg Dairy Soybeans Wheat
Veggie / Starch	Chinese Cauliflower Soybeans Wheat	Ratatouille & Mashed Potato Lipiding Wheat	Baby Bok Choy in Broth Soybeans Wheat	Broccoli Soybeans Wheat	Roasted Pumpkin
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day







Pork



Chicken







Crustacean

Shellfish



