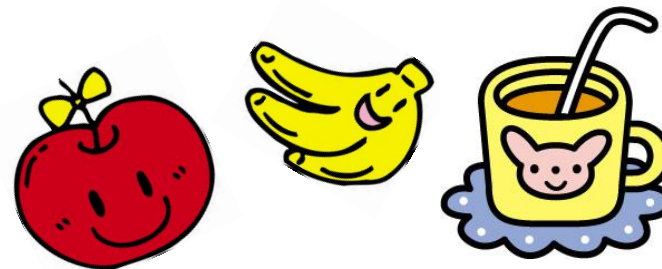
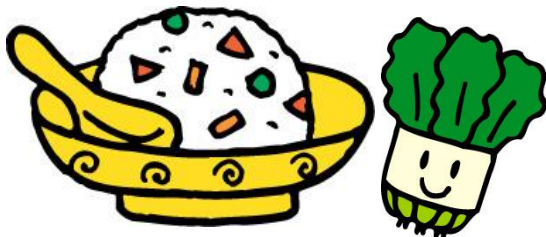


✧ Menu of the week ✧

(Spring and Summer1)

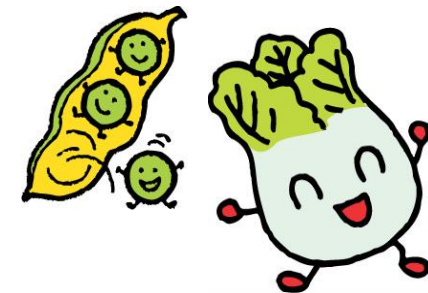
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	Milk with cornflakes	Beef and egg Macaroni	Water Bread	Oatmeal with milk and egg shreds	Water Bread	Breakfast	Milk Bread
Lunch	Steamed meatloaf with water chestnut	Steamed egg	Scrambled eggs with tomatoes	Steamed egg with scallops	Steamed egg with miscellaneous beans	Lunch	Chicken, egg and lettuce fried rice
with fruit	Boiled with mushrooms	Boiled pork and vegetables	Stir-fry beef with vegetables	Boiled chicken with vegetables	Cumber with minced pork		
	White fungus, fig, pork soup	Palm-melon, pork soup	Carrot, lentil, fish soup	Lotus seed, pork soup	Gorgon, fig, black-eyed pea, pork soup		
Tea	Congee with lettuces and pork	Water Egg sandwich	Milk Boiled egg	Water Bread	Ovaltine Biscuits		



✧ Menu of the week ✧

(Spring and Summer2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	Milk with cornflakes	Beef and vegetables Macaroni	Water Bread	Oatmeal with milk and egg shreds	Water Bread	Breakfast	Milk Bread
Lunch	Steamed egg with scallops	Steamed egg with pork corn	Scrambled eggs with vermicelli	Steamed meatloaf with ciorn	Palm-melon with black fungus	Lunch	Pork, egg and vegetables noodles
	Stir-fry beef with Cumber	Stir-fry bok choy with minced garlic	Vegetables with burned chicken	Scrambled eggs with tomatoes	Steamed chicken with mushroom		
with fruit	Apple , lily buds, pork soup	Pumpkin, pork soup	Fuzzy melon, dried scallops, tofu sopu	White fungus, candied date, pork soup	Winter-melon, pork soup		
Tea	Congee with carrot and corn	Milk Jam sandwich	Beef and corn noddles	Water Bread	Water Boiled egg		



(2021)