

✧ Menu of the week ✧

(Autumn and Winter5)

Item	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast:	Milk & egg oatmeal	Choy sum, egg & beef macaroni	Milk sweet bun	Milk soft bun	Mixed-veg lean-meat rice-vermicelli soup	Breakfast:	Milk bread
Lunch & Fruit:	Braised tofu with corn	Braised fish with cabbage	Steamed corn custard egg	Goji-berry braised shredded chicken	Tomato & egg	Lunch:	Vegetable, egg & lean-meat rice-vermicelli soup
	Vermicelli with dried shrimp & Chinese cabbage	Mixed vegetable steamed egg	Napa cabbage & beef	Steamed tofu & egg	Steamed minced pork with corn		
	Papaya, sea-coconut & chestnut soup	Snow fungus, red date & apricot kernel pork soup	Bean sprout fish soup	Apple, pear & dried-fig pork soup	Red bean, lentil & kudzu grass carp soup		
Tea:	Sweet potato dessert soup	Milk + jam sandwich	Water + steamed sponge cake	Pumpkin & corn congee	Pear water + biscuits		

