

## WEEK 1, 4, 7, 10

Date	日期	亚洲餐 Asian Meal	西方餐 Western Meal	幼儿餐 ECC & Y1 Meal
Monday	星期一	<b>韩式牛肉</b> Marinated Beef ( Bulgoggi) <b>韩式煎饼</b> Sauteed Pancake <b>沙茶炸鸡</b> Stir-fried Fish Cake 白米饭 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>猪肉</b> Hot Dog <b>炸鸡</b> Potato Wedges <b>奥尔良鸡柳</b> Orleans Chicken Wing <b>蒜香烤猪排</b> Roasted Skagette with Garlic & Herbs 沙拉 Salad 酸奶 Yogurt 水果 Fruit	<b>热狗</b> Hot Dog <b>薯条</b> Potato Wedges <b>奥尔良鸡柳</b> Orleans Chicken Wing <b>蒜香猪排</b> Zucchini Pan-cake/Garlic & Herbs 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit
Tuesday	星期二	<b>甜酸猪排</b> Sweet & Sour Pork <b>韩式炸鸡</b> Stir-fried Ken Chi Rice <b>蒜香炸鸡</b> Seaweed with Garlic Paste 白米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>豉汁排骨</b> Chili Con Carne <b>意大利炸鸡</b> Italian Bread <b>蒜香烤猪排</b> Roasted Mexican Crisp with Tomato Salsa Sauce 沙拉 Salad 酸奶 Yogurt 水果 Fruit	<b>甜酸猪排</b> Sweet & Sour Pork <b>韩式煎饼</b> Sauteed Bread <b>蒜香炸鸡</b> Seaweed with Garlic Pasteoot 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit
Wednesday	星期三	<b>韩式炸鸡</b> Marinated Squid with Rice <b>韩式辣汤</b> Laver <b>韩式蒸蛋</b> Korean Steam Egg Pudding 白米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>意大利面</b> Spaghetti with Meat Sauce <b>蒜香烤鸡</b> Roasted Chicken Wing <b>蒜香烤猪排</b> Roasted Toast with Butter 沙拉 Salad 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Spaghetti with Meat Sauce <b>蒜香烤鸡</b> Roasted Chicken Wing <b>韩式蒸蛋</b> Korean Steam Egg Pudding 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit
Thursday	星期四	<b>韩式炸鸡</b> Spicy Sauteed Pork <b>韩式煎饼</b> Hawaii Piza <b>韩式炸鸡</b> Jap Chae 白米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>番茄龙利鱼</b> Tomato Longley Fish <b>蒜香烤鸡</b> Baked Chicken with Mushroom & Cream Sauce <b>蒜香烤猪排</b> Pancake with Caramel syrup 沙拉 Salad 酸奶 Yogurt 水果 Fruit	<b>炸鸡</b> Double Cooked Pork Slices <b>蒜香烤鸡</b> Baked Chicken with Mushroom & Cream Sauce <b>韩式煎饼</b> Jap Chae <b>蒜香烤猪排</b> Pancake with Caramel syrup 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit
Friday	星期五	<b>上汤鸡块</b> Nugget <b>韩式炸鸡</b> Fried tomato with Egg <b>韩式炸鸡</b> Fried Bakchoi with Mushroom <b>韩式炸鸡</b> Fried Rice with Egg & Bacon 白米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>德国炸鸡</b> German Schnitzel <b>蒜香烤鸡</b> Black Pepper Pasta <b>韩式炸鸡</b> Fried Hash Brown 沙拉 Salad 酸奶 Yogurt 水果 Fruit	<b>上汤鸡块</b> Nugget <b>韩式炸鸡</b> Fried tomato with Egg <b>韩式炸鸡</b> Fried Bakchoi with Mushroom <b>蒜香烤猪排</b> Black Pepper Pasta 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit

## WEEK 2, 5, 8

Date	日期	亚洲餐 Asian Meal	西方餐 Western Meal	幼儿餐 ECC & Y1 Meal
Monday	星期一	<b>日式寿司</b> Japanese Sushi <b>韩式炸鸡</b> Stir-fried Rice with Norti <b>日式炸鸡</b> Chicken Teriyaki 白米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>炸鸡</b> Curry Beef Brinet <b>韩式炸鸡</b> Fried Rice with Egg & Bacon 沙拉 Salad 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Curry Beef Brinet <b>韩式炸鸡</b> Stir-fried Rice with Norti <b>日式炸鸡</b> Japanese Sushi <b>韩式煎饼</b> Sauteed Bread 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit
Tuesday	星期二	<b>韩式炸鸡</b> Stir-fried Rice with Bacon & Kim Chi <b>韩式炸鸡</b> Fried Egg <b>韩式炸鸡</b> Preserved Beef 白米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Tomato Pasta <b>韩式炸鸡</b> Roasted Toast with Butter 沙拉 Salad 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Preserved Beef <b>韩式炸鸡</b> Tomato Pasta <b>韩式炸鸡</b> Fried Cabbage with bean 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit
Wednesday	星期三	<b>韩式炸鸡</b> Meat Bun <b>韩式炸鸡</b> Vegetable Bun <b>韩式炸鸡</b> Bacon and Egg Fried Rice <b>韩式炸鸡</b> Fried Dried Bean Curd Stick with Celery and Agaric 白米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Baked Spaghetti <b>韩式炸鸡</b> Roasted Chicken Wing <b>韩式炸鸡</b> Roasted Potato with Herbs 沙拉 Salad <b>韩式炸鸡</b> Vegetable Salad	<b>韩式炸鸡</b> Meat Bun <b>韩式炸鸡</b> Baked Spaghetti <b>韩式炸鸡</b> Fried Chicken with Herbs <b>韩式炸鸡</b> Bacon and Egg Fried Rice 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit
Thursday	星期四	<b>韩式炸鸡</b> Korean Beef Steamed Rice <b>韩式炸鸡</b> Fried Chicken Korean Style <b>韩式炸鸡</b> Laver 白米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Grilled Chicken <b>韩式炸鸡</b> Lasagna with Meat Sauce <b>韩式炸鸡</b> Roasted Pumpkin 沙拉 Salad <b>韩式炸鸡</b> Vegetable Salad	<b>韩式炸鸡</b> Korean Beef Steamed Rice <b>韩式炸鸡</b> Fried Chicken Korean Style <b>韩式炸鸡</b> Broccoli <b>韩式炸鸡</b> Laver 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit
Friday	星期五	<b>韩式炸鸡</b> BBQ Pork <b>韩式炸鸡</b> Zucchini with Oyster Oil <b>韩式炸鸡</b> Sour Spicy Shredded Potato <b>韩式炸鸡</b> Fried Rice with Egg & Bacon 白米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Baked Rice with Tomato, Mushroom & Cheese Sauce <b>韩式炸鸡</b> Grilled Chicken Wings <b>韩式炸鸡</b> Italian Bread 沙拉 Salad 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> BBQ Pork <b>韩式炸鸡</b> Baked Rice with Tomato, Mushroom & Cheese Sauce <b>韩式炸鸡</b> Zucchini with Oyster Oil 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit

## WEEK 3, 6, 9

Date	日期	亚洲餐 Asian Meal	西方餐 Western Meal	幼儿餐 ECC & Y1 Meal
Monday	星期一	<b>韩式炸鸡</b> Sauteed Ken Chi with Pork <b>韩式炸鸡</b> Roasted Pumpkin <b>韩式炸鸡</b> Spring Ribs 白米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Mexican Style Beef & Chicken <b>韩式炸鸡</b> Roasted Pork Ribs with Honey <b>韩式炸鸡</b> Roasted Pumpkin <b>韩式炸鸡</b> Spring Ribs <b>韩式炸鸡</b> Apple & Pear Pie 沙拉 Salad 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Roasted Pork Ribs with Honey <b>韩式炸鸡</b> Spring Ribs <b>韩式炸鸡</b> Apple & Pear Pie 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit
Tuesday	星期二	<b>韩式炸鸡</b> Fried Pork Cakes <b>韩式炸鸡</b> Jap Chae <b>韩式炸鸡</b> Spicy Rice Cake 白米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Italian Pasta Bake with Vegetable <b>韩式炸鸡</b> Broccoli <b>韩式炸鸡</b> Roasted Chicken Steak 沙拉 Salad 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Italian Pasta Bake with Vegetable <b>韩式炸鸡</b> Broccoli <b>韩式炸鸡</b> Deep-Fried Pork with Pineapple Sauce 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit
Wednesday	星期三	<b>韩式炸鸡</b> Stir-fried Ramen with Vegetable <b>韩式炸鸡</b> Fried Dumpling <b>韩式炸鸡</b> Chicken Teriyaki 白米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Hung-man Stewed Beef <b>韩式炸鸡</b> Rice <b>韩式炸鸡</b> Fried Egg with Homed Melon <b>韩式炸鸡</b> Roasted Potato <b>韩式炸鸡</b> Fried Egg 沙拉 Salad 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Stir-fried Ramen with Vegetable <b>韩式炸鸡</b> Fried Egg with Homed Melon <b>韩式炸鸡</b> Chicken Teriyaki <b>韩式炸鸡</b> Roasted Potato <b>韩式炸鸡</b> Fried Egg 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit
Thursday	星期四	<b>韩式炸鸡</b> Curried Chicken with Rice <b>韩式炸鸡</b> Tuna Sushi <b>韩式炸鸡</b> Spicy Cabbage and Potato Chip 白米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Cheese and Meat Sauce with Bacteri Pasta <b>韩式炸鸡</b> Pancake <b>韩式炸鸡</b> Broccoli 沙拉 Salad 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Cheese and Meat Sauce with Bacteri Pasta <b>韩式炸鸡</b> Pancake <b>韩式炸鸡</b> Broccoli 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit
Friday	星期五	<b>韩式炸鸡</b> Spout Rice <b>韩式炸鸡</b> Korean Meat Balls <b>韩式炸鸡</b> Cabbage in Oyster Sauce 白米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Pan-Fried Beef Steak with Onion Sauce <b>韩式炸鸡</b> Spaghetti <b>韩式炸鸡</b> Italian Bread 沙拉 Salad 酸奶 Yogurt 水果 Fruit	<b>韩式炸鸡</b> Spout Rice <b>韩式炸鸡</b> Korean Meat Balls <b>韩式炸鸡</b> Fried Cauliflower with Garlic 米饭 Rice 泡菜 Kimchi 酸奶 Yogurt 水果 Fruit