



	Monday 17/04	Tuesday 18/04	Wednesday 19/04	Thursday 20/04	Friday 21/04
Hot Dish		Pork Stew & Gratin Potato	Hawaiian Pineapple & Ham Pizza	Chicken Casserole with Sautéed Potato	Pork Loin Onion Sauce with Sautéed Potato
A					
B		Fried Rice with Chicken	Honey Soy Chicken with Rice	Steamed Fish with Spring Onion Soy & Rice	Stir Fried Chicken & Celery with Red Rice
C	School Holiday	Creamy Mushroom Pasta	Braised Vegetable Lo Hon Style with Rice	Hobak Buchimgae with Rice	Broccoli and Cheese Quiche
Salad		Cucumber Salad	Asian Coleslaw	Garden Greens	Celery & Apple Salad
Fruit		Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink		Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
Hot Dish	<i>Green Monday</i> Mac & Cheese with classic Béchamel Sauce	25/04 Baked Fish with Red Pesto Sauce & Pasta	26/04 Pepperoni Pizza	27/04 Stir-Fried Chicken with Mixed Peppers & Rice	28/04 Spaghetti Bolognese with Garlic Bread
A					
B	SUPER GREEN MONDAY Apr 24 Veg Indonesian Fried Rice (Less Oil)	Yeung Chow Fried Rice	Steamed Chicken with Mushroom & Fungus & Rice	Pork Loin with Roasted Potatoes & Gravy	Batter Fish in Sweet Corn Sauce (Chinese Style with Rice)
C	Grilled Veg Avocado Wrap	Teriyaki Tofu with Rice	Vegetable Ratatouille with Pasta	Stir Fried Zucchini & Mixed Mushroom with Rice	Sweetcorn Macaroni Cheese
Salad	Egg Salad	Cherry Tomato Salad	Sweet Corn Salad	Potato Salad	Broccoli Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
Hot Dish	01/05	02/05	03/05	04/05	05/05
A				Cheesy Pork Casserole & Pasta	Chicken & Sweetcorn Pie with Mash
B	School Holiday	School Holiday	School Holiday	Roast Basil & Tomato Chicken with Rice	Honey Glazed BBQ Pork with Rice
C				Spicy Pepper Tofu with Rice	Braised Egg White with Enoki Mushroom & Winter Melon & Red Rice
Salad				Tuna Nicoise Salad	Pasta Salad
Fruit				Fresh Fruit	Mixed Fruit Salad
Drink				Low Sugar Soya Milk	100% Fruit Juice



These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These foods are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.





Share your thoughts



	<i>Green Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Hot Dish	08/05 Braised Tofu with Chinese Veg & Brown Rice	09/05 Chicken Chasseur with Lyonnaise Potatoes	10/05 Tuna & Sweet Corn Pizza	11/05 Pineapple Sweet & Sour Pork with Rice	12/05 Pork Chop in Lite Pepper Sauce & Rice
A					
B	Japanese Style Braised Eggplant & Rice	Pork Cassoulet with Rice Pilaf	Japanese Ginger Pork Sauté with Rice	Steamed Chicken with Chinese Mushroom & Red Rice	Chinese Style Steamed Fish with Green Onion & Soy with Rice
C	Tomato Mozzarella Pizza	Ratatouille with White Cheese & Rice Pilaf	Creamy Vegetables Bake with Breadcrumb Topping & Rice	Braised Assorted Vegetables with Glass Noodle & Red Rice	Aubergine Parmigiana
Salad	Egg Salad	Broccoli Salad	Tuna Nicoise Salad	Garden Salad	Chicken Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
Hot Dish	15/05 Rosemary Garlic Pork Loin Mashed Potato	16/05 BBQ Chicken Leg with Potato Wedges	17/05 Meat Lover's Pizza	18/05 Diced Ham & Mushroom Pasta Bake	19/05 Beef Bourguignon with Pasta
A					
B	Teriyaki Chicken with Rice	Pad Thai	Braised Pork & Potato in Oyster Sauce with Rice	Chinese Soy Chicken with Rice	Braised Chicken with Chestnut & Mix Grain Rice
C	Scramble Egg with Tomato & Rice	Braised Mushroom & Tofu with Rice	Moroccan Chick Peas with Peppers & Rice	Japanese Veg Curry with Rice	Tomato & Vegetable Stewed Chickpeas & Mix Grain Rice
Salad	Potato Salad	Roasted Vegetables	Grated Carrot & Raisin	Garden Green Salad	Celery & Apple Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
Hot Dish	22/05 Beef Stroganoff & Rice	23/05 Pork Loin with Onion Gravy & Mash	24/05 Chicken & Roast Pepper Pizza	EAT GLOBAL 25/05 Chili Con Carne with Sweet Corn Rice	26/05 Beef Stroganoff with Pasta
A					
B	Pork Chop in Swiss Sauce with Rice	Fried Shrimp with Scrambled Egg & Brown Rice	Taiwanese Style Minced Pork with Rice	Chicken Jambalaya	Fried Rice with BBQ Pork & Egg
C	Tomato Pasta Bake	Japanese Style Braised Eggplant & Brown Rice	Macaroni Cheese	Baked Pumpkin with Parmesan Breadcrumbs	Vegetarian Lasagne
Salad	Sweet Corn Salad	Cherry Tomato Salad	Garden Green Salad	Roasted Pumpkin Salad	Cucumber Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice



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	Monday 29/05	Tuesday 30/05	Wednesday 31/05	Thursday 01/06	Friday 02/06
Hot Dish	Pork Loin with Grilled Pineapple Ring with Rice	School Holiday	BLT Pasta Bake	Oven Baked Chicken with Mash	Baked Lemon Fish with Mashed Potato
A	Braised Beef Brisket with Tomato & Carrot with Rice		Chinese Style Steamed Mushroom Pork Patty with Red Rice	Steamed Fish with Soy Sauce & Spring Onion with Rice	Yeung Chow Fried Rice
B	Vegetarian Egg Fried Rice (Less Oil)		Margarita Pizza	Tomato Basil Sauce with Pasta	Macaroni Cheese
C	Potato Salad		Asian Coleslaw	Garden Greens	Celery & Apple Salad
Salad	Mixed Fruit Salad		Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Fruit	100% Fruit Juice		100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
Drink					
	Green Monday 05/06	06/06	07/06	08/06	09/06
Hot Dish	Sweet & Sour Veg Meat Balls with Rice	Braised Beef & Vegetables with Mash	BBQ Chicken & Sweet Corn Pizza	Boston Style Roast Pork with Waffle Fries	Spaghetti Bolognese
A	Fried Noodle with Assorted Veg	Japanese Curry Chicken with Rice	Stir Fried Beef with Leeks & Rice	Steamed Chicken with Mushroom & Brown Rice	Braised Chicken with Potato & Rice
B	Vegetable Frittata	Stir-Fried Udon with Assorted Veg (Less Oil)	Braised Vegetables in Lo Hon Style with Rice	Mild Cauliflower Pumpkin & Pea Korma with Brown Rice	Country Style Tofu with Rice
C	Egg Salad	Cherry Tomato Salad	Sweet Corn Salad	Potato Salad	Broccoli Salad
Salad	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Fruit	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
Drink					
	12/06	13/06	14/06	15/06	16/06
Hot Dish	Pork Goulash with Sautéed Potato	Chicken in Pesto Sauce with Penne (Nut Free)	Salami & Sweet Corn Pizza	Honey Roast Pork Loin with Mash	Honey Mustard Baked Chicken w/ Mash
A	Portuguese Chicken with Rice	Braised Pumpkin & Pork with Rice	Teriyaki Beef with Rice	Fried Rice with BBQ Pork & Egg	Braised Eggplant & Minced Pork with Rice
B	Vegetarian Lasagne	Braised Tofu & Mushroom with Rice	Pesto Roast Med Vegetables with Mash	Braised Vermicelli with Vegetables & Tofu & Red Rice	Creamy Mushroom Pasta
C	Garden Greens	Grated Carrot & Raisin	Apple Waldorf Salad	Tuna Nicoise Salad	Pasta Salad
Salad	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Fruit	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
Drink					

EAT MORE These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY Best eaten in moderation. These foods are still important for a balanced diet.

EAT LESS Don't have too much of these. Just treat ourselves every so often.



	Monday 19/06	Tuesday 20/06	Wednesday 21/06	Thursday 22/06	Friday 23/06
Hot Dish A	Balsamic Glazed Pork Loin & Mash	BBQ Chicken with Mash	BBQ Chicken Pizza	Grilled Fish with Sweet Tomato & Thyme with Mash	
B	HK Style Chicken in Swiss Sauce with Rice	Braised Hairy Melon with Pork & Vermicelli & Rice	Nasi Goreng	Shanghainese Fried Noodle with Shredded Pork	
C	Mushroom & Tarragon Pasta Bake	Spicy Pepper Tofu with Brown Rice	Zucchini & Tomato Pasta Bake	Japanese Mild Curry Vegetables & Rice	EARLY DISMISSAL
Salad	Egg Salad	Broccoli Salad	Tuna Nicoise Salad	Roasted Vegetables	
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	
Hot Dish A					
B					
C					
Salad					
Fruit					
Drink					
Hot Dish A					
B					
C					
Salad					
Fruit					
Drink					



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