

WEEKLY MENU



Heathy choice



OK most of the time



Enjoy it once in a while



Vegetarian



Seafood



Halal

STATION	MONDAY 5.6	TUESDAY 5.7	WEDNESDAY 5.8	THURSDAY 5.9	FRIDAY 5.10
Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
Soup 汤	Seaweed & Egg Soup 紫菜蛋花汤	Pear Tremella Soup 银耳雪梨汤	Pumpkin Congee 南瓜粥	Chinese Yam and Egg White Soup 芙蓉山药汤	Creamy Mushroom Soup 奶油蘑菇汤
KGT Chinese 幼儿园中式	Beginning of Summer (Li Xia) – 立夏 NEW Hakka Braised Pork, Eggplant & Tofu 客家猪肉茄 烧 腐 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	NEW Braised Chicken 家烧 地鸡 Stir Fried Pak Choi 清炒奶白菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Braised Duck Breast 酱鸭胸 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Hanamaki 自制燕麦馒头	Stir Fried Pork With Celery 香芹猪肉丝 Sautéed Cabbage 清炒圆白菜 Steamed Rice 米饭	Sweet & Sour Fish 咕佬鱼 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Steamed Corn 蒸玉米
KGT Western 幼儿园西式	NEW Mexican Braised Chicken with Potato 墨西哥土豆烩鸡	Braised Sausage 红烩猪肉肠	Cottage Pie 乡村牛肉派	Beef Panini 牛肉帕尼尼	Smoked Chicken Pizza 地中海烟熏鸡肉披萨

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
455	33.1	43.3	13.8

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STATION	MONDAY 5.13	TUESDAY 5.14	WEDNESDAY 5.15	THURSDAY 5.16	FRIDAY 5.17
Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
Soup 汤	Soybean Paste Stew 大酱汤	Egg & Corn Soup 鸡茸粟米羹	Minced Beef & Tofu Soup 西湖牛肉羹	Congee with Mixed Beans 八宝粥	 Korean Tofu Soup 嫩豆腐汤
KGT Chinese 幼儿园中式	Braised Pork with Taro 芋头红烧肉 Sautéed Zucchini with Egg and Black Fungus 莴笋木耳炒蛋 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯 	Kung Pao Chicken 宫保鸡丁 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 	Braised Fish and Tofu 鱼肉烧豆腐  Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕 	Braised Beef with Potato 土豆烧牛肉 Stir-Fried Cabbage with Tofu 杭白菜烧豆腐 Steamed Rice 米饭 	Shredded Pork with Bamboo Shoots 冬笋猪肉丝 Stir-fry Fungus and Celery 木耳芹菜 Steamed Rice 白米饭 Steamed Corn 蒸玉米 
KGT Western 幼儿园西式	Fish Pasta with Cream Sauce  鱼肉奶油汁意面 	Lyonnaisse Sausage Panini 里昂那香肠帕尼尼 	Beef Ham & Cheese Sandwich 牛肉火腿奶酪三明治 	Curry Chicken 印度咖喱鸡 	 Korean Food Promotion 韩国美食 Korean Fried Chicken 韩式炸鸡 

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
499	31.9	58.0	16.6

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STATION	MONDAY 5.20	TUESDAY 5.21	WEDNESDAY 5.22	THURSDAY 5.23	FRIDAY 5.24
Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
Soup 汤	Lotus Root & Pork Soup 莲藕瘦肉汤	Tomato & Egg Soup 番茄蛋花汤	Cream of Pumpkin Soup 奶油南瓜汤	Jujube and Tremella Soup 红枣银耳汤	Hongkong Style Vermicelli Soup 碗仔素翅羹
KGT Chinese 幼儿园中式	Lesser Fullness of Grain (Xiao Man) – 小满 Stewed Pork with Satay Sauce 潮汕沙茶焗猪 Wok-Fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Braised Fish With Soybean Sauce 酱焖鱼 Sautéed Cabbage with Tofu 小白菜豆腐 Steamed Rice 米饭	Sauteed Beef with Soya Sauce 豉汁牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 白米饭 Hanamaki 自制双色花卷	Braised Beef with Turnip 萝卜牛腩 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Hongkong Food Promotion 香港美食 Steamed Chicken with Scallion Oil 葱油鸡 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭
KGT Western 幼儿园西式	Teriyaki Chicken 照烧鸡	Salami Pizza 萨拉米披萨	Ham & Cheese Panini 火腿奶酪帕尼尼	Orleans Chicken Burger 奥尔良鸡腿堡	Pasta Bolognese 牛肉肉酱意面

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
444	27.9	56.5	12.6

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STATION	MONDAY 5.27	TUESDAY 5.28	WEDNESDAY 5.29	THURSDAY 5.30	FRIDAY 5.31
Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
Soup 汤	Seaweed & Egg Soup 紫菜蛋花汤	Cabbage & Vermicelli Soup 白菜粉丝汤	Red Bean Congee 红豆粥	Soybean Paste Stew 大酱汤	Sesame Rice Dumpling 黑芝麻汤圆
KGT Chinese 幼儿园中式	Yu-Shiang Shredded Pork 鱼香肉丝 (不辣) Braised Cabbage with Bean Curd 千张烧白菜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Sauteed Duck with Soya Bean Sauce 小炒鸭 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Braised Fish with Mushroom 蘑菇烧鱼 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭 Hanamaki 自制香葱花卷	 Stir fried Pork with Tofu 猪肉炒千叶豆腐 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭	Sweet & Sour Chicken 菠萝咕咾鸡 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭
KGT Western 幼儿园西式	 Thai Curry Chicken 泰式咖喱鸡	 Cheesy Beef Wrap 牛肉奶酪卷	 Beef Lasagna 牛肉千层面	Pasta with Chicken & Tomato Sauce 鸡肉茄汁意面	Swedish Beef Meatball 瑞典风味牛肉丸

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
508	32.0	58.0	17.7