

小食

午餐

Snacks

Lunch

Monday
星期一

橙
烩蛋 ○

自製麻醬關廟麵 🌿🥜
豆腐木耳炆椰菜 🥜

Oranges
Hard boiled eggs ○

Guanmiao noodles w/
homemade sesame sauce 🌿🥜
Vegetables w/ tofu & wood ear 🥜

Tuesday
星期二

香蕉
英式鬆餅 🌿🥜

日式汁炒飯 🥜
冬瓜炆芋絲

Bananas
English scones 🌿🥜

Fried rice w/ Japanese sauce 🥜
Winter melon stewed w/ konjac noodles

Wednesday
星期三

火龍果
糖漬蕃薯

雜菜炒河粉 🥜
粟米豆卜 🥜

Dragon fruit
Caramel sweet potato

Fried broad noodles w/ vegetables 🥜
Tofu puffy stir fried w/ corn sauce 🥜

Thursday
星期四

蘋果
芝士餅 🌿 🥛

自製意式羅勒醬通粉 🌿 🥛
豆腐花香橙沙律 🥜

Apples
Cheese biscuits 🌿 🥛

Penne w/ homemade pesto sauce 🌿 🥛
Orange salad w/ tofu pudding 🥜

Friday
星期五

梨
士多啤梨餅乾 🌿🥜

紫菜青瓜玉子包飯 🥜○
枝豆 🥜

Pears
Strawberry shortbread 🌿🥜

Rice w/ seaweed, cucumber & egg 🥜○
Edamame 🥜