

June		\$	A (International)	*	0	\bigtriangleup	٠	@ 7	# ^{Kca}	ə <i>l.</i>	4	B (Chinese)	*	0	\bigtriangleup	•	@	# ^{Kca}	l. z	C (Asian)	*	0	\bigtriangleup	• @	<u>Ď</u> ≠	¢ Kcal.
1-Jun	Wed		Pasta with Pork Chop in Tomato Sauce						508		4	Braised Chicken in Black Bean Sauce with Vegetable Rice		0				46	0	Japanese Curry Beef with Rice (NOT Spicy)					T	511
2-Jun	Thu	☆	Fish Fillet in Cheese Cream Sauce with Butter Herbed Potato				•	7	# 412			Sweet & Sour Pork with Rice						53		Stewed Chicken in Sweet Soy Sauce with Rice		0				485
6-Jun	Mon		(v) Macaroni Ratatouille						405			Yeung Chou Fried Rice (Pork, Egg & Shrimp)			\bigtriangleup			¥ 53	2 💈	Teriyaki Fish Fillet with Rice		0			#	<i>#</i> 425
7-Jun	Tue		Braised Chicken in Portuguese Style with Rice				•		523		25	Steamed Pork in Black Bean Sauce with Red Rice		0				50	3	Stir-Fried Flat Noodle with Beef in Hong Kong Style		0				586
8-Jun	Wed	4	Grilled Chicken in Garlic sauce with Roasted Potato						451			Sautéed Beef in Tomato Sauce with Red Rice		0				49	7	Braised Minced Pork with Rice in Taiwanese Style		0				538
9-Jun	Thu		Pasta with Braised Pork Loin in Brown Gravy						508		Σţ	Fillet Fish in Sweet Corn Sauce with Rice						# 48	8	Fried Rice with Chicken & Pineapple in "Thai" Style (With Egg)			\bigtriangleup			522
10-Jun	Fri		Fusilli with Smoked Salmon in Spinach Sauce				•	7	¥ 496		Σţ	Steamed Chicken & Chinese Mushroom with Red Rice	*	0				47	0	Braised Eggplant with Shredded Pork with Rice (NOT Spicy)		0				479
13-Jun	Mon	4	(v) Braised Vegetable in Portuguese Style with Rice				•		397			Lemon Chicken with Red Rice						47	6	Braised Vermicelli with Preserved Vegetable and Shredded Pork		0				482
14-Jun	Tue		Spaghetti with Grilled Pork Chop in Onion Sauce						498			Fried Rice with Beef & Green Beans (With Egg)		O	\bigtriangleup			55	3 5	Teriyaki Chicken with Rice		0				487
15-Jun	Wed	41	Baked Fish Fillet in Italian Style with Braised Cheese Potato				•	7	# 462			Pork in Sweet Corns Sauce with Rice (with Egg)						46	8	Japanese Curry Chicken with Rice (NOT Spicy)						541
16-Jun	Thu	41	Penne with Braised Pork Loin & Peach						480			Sweet & Sour Pineapple Fish with Red Rice						# 48	9	Lemon Grass Chicken with Rice		0				489

HAPPY SUMMER HOLIDAY & SEE YOU NEXT ACADEMIC YEAR...!

The following symbols indicate that the food category of each meal shall contain. For people with food allergy, please choose the meal carefully. \triangle Contains Egg-made products

◆ Contains Milk-made products @ Contains Tree nuts products # Contains Crustaceans and fish products ◎ Soy products ★ Mushroom products.

All sauces, bread and pasta contain cereal with gluten. 🕸 Dietitian Recommendation. All milk sauces are Low-Fat ingredients.