

May	☆	A (International)	★	◎	△	◆	@	#	Kcal.	☆	B (Chinese)	★	◎	△	◆	@	#	Kcal.	☆	C (Asian)	★	◎	△	◆	@	#	Kcal.
3-May	Tue	☆	Spaghetti with Baked Fish Fillet in Butter Herb Sauce			◆		#	465		Oriental Pork Chop with Red Rice		◎					498		Teriyaki Chicken with Rice		◎					487
4-May	Wed		Braised Pork with Peach and Mashed Potato		◎				480	☆	Stewed Chicken in Sweet Soy Sauce with Rice		◎					465		Fried Egg Noodles with Beef & Mixed Vegetable in Korean Style		◎	△				515
5-May	Thu		Macaroni with Tuna Fish in Cheese & Cream Sauce			◆		#	445	☆	Sautéed Beef in Tomato Sauce with Red Rice		◎					497		Lemon Grass Chicken with Rice		◎					474
6-May	Fri		Braised Chicken with Onion & Mixed Mushroom with Rice	★	◎				467	☆	Fish Fillet in Sweet & Sour Sauce with Red Rice						#	489		Shanghaiese Fried Noodles (Pork)		◎					511
10-May	Tue	☆	Grilled Fish Fillet in Tomato Basil Sauce with Roasted Potato					#	318		Pork in Sweet Corns Sauce with Rice (with Egg)		◎	△				468		Chicken Fried Rice with Kabayaki Sauce (Japanese Sweet Soy Sauce)		◎	△				495
11-May	Wed	☆	Grilled Chicken in Garlic sauce with Carrot & Potato Puree		◎				435		Steamed Pork & Preserved Vegetable with Rice		◎					483		Stir-Fried Flat Noodle with Beef in Sweet Soy Sauce		◎					586
12-May	Thu		Pork Sausage Cheese Burger with Diced Butter Sweet Corn			◆			512	☆	Steamed Chicken & Black Fungus with Red Rice		◎					465		Teriyaki Fish with Rice		◎				#	538
13-May	Fri	☆	Penne Carbonara (Seafood)			◆		#	488		Lemon Chicken with Rice							476		Char Siu, Ham & Egg Fried Rice Hong Kong Style		◎	△				482
16-May	Mon	☆	Pan-fried Fish Fillet with Spaghetti Napolitan					#	475		(v) Braised Tofu and Vegetable with Red Rice		◎					350		Stewed Chicken, Carrot & Potato in Japanese Style with Rice		◎					491
17-May	Tue	☆	Chicken A La King with Rice		◎	◆			573		Steamed Pork in Black Bean Sauce with Red Rice		◎					503		Stir-Fried Noodles with Beef and Vegetable		◎					517
18-May	Wed		Irish Beef Stew with Baked & Herbed Potato		◎				493	☆	Chicken, Ham & Egg Fried Rice			△				405		Japanese Curry Fish with Rice (NOT Spicy)						#	495
19-May	Thu		Minced Beef in Tomato Sauce + Kidney Beans with Rice		◎				464	☆	Sweet & Sour Pineapple Chicken with Red Rice							473		Stir-Fried Udon with Prok Chop and Vegetable		◎					525
20-May	Fri	☆	Baked Fish Fillet in Italian Style with Braised Cheese Potato			◆		#	462		Scramble Egg & Cha Siu with Red Rice			△				461		Japanese Curry Chicken with Rice (NOT Spicy)		◎					541
23-May	Mon		Smoked Duck Breast in Garlic Sauce with Rice						513		Soft Scramble Egg & Beef with Red Rice		◎	△				553	☆	(v) Stir-Fried Udon with Mixed Vegetables in Teriyaki Sauce		◎					449
24-May	Tue	☆	Grilled Chicken in Onion Sauce with Creamed Potato		◎	◆			475		Braised Eggplant with Shredded Pork with Rice (NOT Spicy)		◎					479		Fried Rice with Seafood in Thailand Shrimp Paste		◎	△			#	522
25-May	Wed		Penne with Salmon in Cheese & Cream Sauce			◆		#	482	☆	Oriental Style Beef Tenderloin with Rice		◎					497		Stir-Fried Udon with Chicken in Japanese Style		◎					505
26-May	Thu		Grilled Pork in Garlic Sauce with Roasted Potato		◎				476	☆	Sweet & Sour Pineapple Fish with Red Rice						#	489		Teriyaki Chicken with Rice		◎					487
27-May	Fri	☆	Spaghetti Bolognese (Beef)						451		Braised Chicken in Black Bean Sauce with Rice		◎					465		Yeung Chou Fried Rice (Egg, Pork & Shrimp)		◎	△			#	532
30-May	Mon	☆	Coq Au Vin with Mashed Pumpkin & Potato		◎				435		(v) Fried Noodles with Bean Sproutain Sweet Soy Sauce		◎					497		Pork Chop Shanghaiese style with Vegetable Rice		◎					489
31-May	Tue	☆	Fusilli with Beef Stroganoff		◎				493		Braised + Diced Pork & Potato with Rice		◎					476		Stir-Fried Flat Noodle with Chicken in Malaysian Style (Kway Teow)		◎					513

The following symbols indicate that the food category of each meal shall contain. For people with food allergy, please choose the meal carefully.

△ 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.