



	Monday 03/06	Tuesday 04/06	Wednesday 05/06	Thursday 06/06	Friday 07/06
Hot Dish <b>A</b>	Hot Dog with Fries	Fennel Fish Fillet with Roasted Potatoes	Tuna & Cheese Pizza with Sweet Corn	Pork Lasagna	
<b>B</b>	Korean Style Rice Vermicelli & Chicken	Lemongrass Pork with Rice	Korean Pork Bibimbap	Stir Fried Chicken (Skinless) with Celery & Carrot with Red Rice	School Holiday
<b>C</b>	Scrambled Egg with Tomato & Rice	Ratatouille Rice	Lentil & Vegetable Stew with Rice	HK Pan Fried Noodle with Mushroom & Tofu (Less Oil)	
Vegetables	Cabbage & Carrot	Romaine Lettuce Salad	Asian Greens	Cauliflower & Pumpkin	
	10/06	11/06	12/06	13/06	14/06
Hot Dish <b>A</b>	Pork Goulash with Pasta	Roasted Thyme Chicken (Skinless) with Mashed Potatoes	Chicken & Cheese Pizza with Sweet Corn	Spaghetti Bolognese	Baked Sole Fish with Salsa Verde & Red Rice
<b>B</b>	Stir Fried Chicken (Skinless) with Zucchini & Black Fungus & Rice	Honey BBQ Pork with Red Rice	Korean Pork & Rice (Pork Bulgogi)	Japanese Chicken Curry with Rice	Pork Burger with Fries
<b>C</b>	Korean Zucchini Fritters (Hobak Buchimgae)	Penne with Olive Oil, Cherry Tomato & Red Onion	Tofu & Vegetable Pad Thai	Teriyaki Tofu with Red Rice	Pumpkin Risotto
Vegetables	Sautéed Seasonal Vegetables	Seasonal Vegetables	Garlic Zucchini	Cabbage & Carrot	Asian Greens
	17/06	18/06	19/06	20/06	21/06
Hot Dish <b>A</b>	Lemon & Basil Roasted Pork Loin & Rice	Tomato Basil Chicken (Skinless) with Pasta	BBQ Chicken Pizza with Sweet Corn	Braised Fish Fillet in Mexican Style with Rice	Chicken A La King with Spaghetti
<b>B</b>	Korean Style Braised Chicken with Potato & Rice	Japanese Pork Ginger Sauté & Rice	Korean Cha Jang Noodle (Jia Jang Myun)	Beef and Leek Stir Fried with Rice	Korean Kimchi Pork with Rice
<b>C</b>	Vegetarian Singapore Noodle (Less Oil)	Stir Fried Ho Fan and Vegetarian Chicken	Braised Tofu & Mushroom with Rice	Spinach & Tomato Frittata	North Indian Bean Masala Stew & Rice
Vegetables	Cauliflower & Pumpkin	Romaine Lettuce Salad	Broccoli Cheese	Stir Fried Seasonal Vegetables	Steamed Zucchini & Carrot



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.







	Green Monday 24/06	Tuesday 25/06	Wednesday 26/06	Thursday 27/06	Friday 28/06
Hot Dish <b>A</b>	Spinach Lasagna 	Spaghetti Carbonara	Hawaiian Pizza with Sweetcorn	Steamed Sole Fish in Pumpkin Sauce with Rice	
<b>B</b>	Korean Kimchi Tofu with Rice 	Teriyaki Chicken with Rice	Korean Style Sautéed Squid in Chili Paste with Rice	Japanese Curry Pork Chop with Rice	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>HALF DAY</b>                      Last Day of First term                 </div>
<b>C</b>	Aubergine Parmigiana	Stir-Fried Udon with Assorted Veg & Tofu (Less Oil)	Baked Veg Chicken with Honey Peach served with Rice	Miso Tofu with Rice	
Vegetables	Roast Vegetables	Asian Greens	Romaine Lettuce Salad	Sweet Corns & Cabbage	

Hot Dish <b>A</b>					
<b>B</b>					
<b>C</b>					
Vegetables					

Hot Dish <b>A</b>					
<b>B</b>					
<b>C</b>					
Vegetables					

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

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

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

