

Lunch Menu

	Monday	
	Baked chicken carrots and peas fried rice 1%Milk	
Meat	Chicken	
Dairy	Milk	
Grain	Rice	
Vegetables or fruits	Carrots and peas	
	Tuesday	
	Chinese noodles with fried tomato and egg 1%Milk	
Meat	Egg	
Dairy	Milk	
Grain	Noodles	
Vegetables or fruits	tomato	
	Wednesday	
	Ham, egg fried rice with carrots and lettuce 1% Milk	
Meat	Ham and egg	
Dairy	Milk	
Grain	Rice	
Vegetables or fruits	Carrots and lettuce	
	Thursday	
	cheese pepperoni pizza with tomato sauce served with fruits 1% Milk	
Meat	Cheese and pepperoni	
Dairy	Milk	
Grain	Pizza dough	
Vegetables or fruits	Fruits	
	Friday	
	Macaroni cheese with chicken, corn & lima beans 1% Milk	
Meat	Chicken	
Dairy	Milk	
Grain	Macaroni	
Vegetables or fruits	Corn and lama beans	

	Monday	
	Chinese noodles with Oyster sauce ham or beef Nappa cabbage & onion 1% Milk	
	Ham or beef	
	Milk	
	Noodle	
	Nappa cabbage & onion	
	Tuesday	
	Baked fish carrots and peas fried rice 1% Milk	
	Fish	
	Milk	
	Rice	
	Carrots and peas	
	Wednesday	
	Penne pasta with tomato sauce beef meatball broccoli 1% Milk	
	beef	
	Milk	
	Pasta	
	Tomato and broccoli	
	Thursday	
	Baked chicken Broccoli and cauliflower Steamed rice 1% Milk	
	Chicken	
	Milk	
	Rice	
	Broccoli and cauliflower	
	Friday	
	Dumpling or wonton 1% Milk	
	Pork and chicken	
	Milk	
	Wheat flour	
	cabbage	