






Chinese International School
Summer School Menu June 24th - July 19th 2013



24-June (Monday) A Home made Beef Lasagne 牛肉千層面 B Vegetable Stir Fry with Rice 炒雜菜配飯 Vegetables Carrot & Green Beans	25-June (Tuesday) A Sapre Ribs in Black Vinegar with Rice 黑醋排骨飯 B Mushroom and Red Onion Filo Tarts 蘑菇紅洋葱餡餅 Vegetables Stir Fried Seasonal Vegetables	26-June (Wednesday) A BBQ Chicken & Veggie Pizza 燒烤雞肉蔬菜薄餅 B Stir Fried Shanghai Noodles with Vegetable 上海炒麵 Vegetables Broccoli & Sweet Corn	27-June (Thursday) A Pan Fried Fish with Red Pepper Sauce & Brown Rice 香煎魚柳配紅椒汁配糙米 B Mushroom & Vegetables Pasta in Cream Sauce 蔬菜蘑菇忌廉汁配意粉 Vegetables Stir Fried Seasonal Vegetables	28-June (Friday) A Roast Lemon & Thyme Chicken with Mashed Potato 烤香草檸檬雞配薯蓉 B Pan Fried Tofu & Mushroom in Oyster Sauce with Rice 蠔汁蘑菇豆腐配飯 Vegetables Mixed Vegetables
01-July (Monday) Hong Kong Special Administrative Region Establishment Day Public Holiday	02-July (Tuesday) A Grilled Fish with Lemon Butter & Herb Potato 檸檬牛油烤魚配香草焗薯 B Margherita Pizza with Corn on Cob 蕃茄芝士薄餅配粟米 Vegetables Broccoli & Sweet Corn	03-July (Wednesday) A Paprika Chicken with Roast Potato 甜椒粉焗雞配烤薯 B Vegetable Stir Fried with Rice & Noodles & Soy Sauce 醬油雜菜炒米粉 Vegetables Stir Fried Seasonal Vegetables	04-July (Thursday) A Grilled Pork Chop with Mushroom Sauce 烤豬排配蘑菇汁 B Red Pepper and Spinach Lasagne 紅椒菠菜千層面 Vegetables Pumpkin & Green Beans	05-July (Friday) A Hamburger with Lettuce and Tomato 生菜番茄牛肉漢堡 B Vegetable & Mushroom Risotto 雜菜蘑菇焗意大利飯 Vegetables Steamed Zucchini & Carrot
08-July (Monday) A Teriyaki Chicken with Rice 照燒雞肉配飯 B Vegetable Kebabs on Lemon Couscous 蔬菜烤串配中東米 Vegetables Steamed Cauliflower & Pumpkin	09-July (Tuesday) A Pork Tenderloin in Mushroom Sauce with Brown Rice 蘑菇汁焗豬柳配糙米 B Stir Fried Eggplant with Garlic, Basil with Brown Rice 香草蒜蓉炒茄子配糙米飯 Vegetables Steamed Asian Greens	10-July (Wednesday) A Pepperoni & Sweet Corn Pizza 意大利腸粟米薄餅 B Stir Fried Tofu & Vegetable Udon 豆腐雜菜炒烏冬 Vegetables Sweet Corns & Peas	11-July (Thursday) A Stir Fried Chicken, Celery & Carrot with Brown Rice 西芹紅蘿蔔炒雞柳配糙米飯 B Vegetable Moussaka 雜菜茄子千層批 Vegetables Stir Fried Seasonal Vegetables	12-July (Friday) A Sausages & Mash with Onion Gravy 香腸薯蓉配洋葱汁 B Fettuccini with Mushrooms and Garlic Sauce 蒜蓉蘑菇汁闊條面 Vegetables Carrot & Green Beans
15-July (Monday) A Shepherd's Pie 肉餡薯蓉批 B Vegetable Enchiladas 蔬菜墨西哥捲餅 Vegetables Braised Cabbage & Carrot	16-July (Tuesday) A Pesto Chicken with Tomato & Basil with Herb Potato 香草雞配焗薯 B Stir Vegetarian Fried Singapore Noodles 新加坡炒面(素) Vegetables Mixed Vegetables	17-July (Wednesday) A Tuna & Sweet corn Pizza 粟米吞拿魚薄餅 B Five Spiced Eggplant & Tofu with Brown Rice 五香茄子豆腐糙米飯 Vegetables Broccoli & Carrot	18-July (Thursday) A Honey Glazed BBQ Pork with Brown Rice 蜜汁叉燒糙米飯 B Vegetarian Grilled Vegetable Wrap 烤蔬菜捲 Vegetables Stir Fried Seasonal Vegetables	19-July (Friday) A Grilled Chicken & Lettuce Burger 烤雞扒漢堡 B Baked Broccoli Pasta in White Sauce 白汁西蘭花焗意粉 Vegetables Sweet Corns & Peas

 These foods should form the basis of your diet. So fill up on them

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

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



How was your meal today?
Please share your