



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



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

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