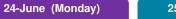


Chinese International School

Summer School Menu June 24th - July 19th 2013





Home made Beef Lasagne

B Vegetable Stir Fry with Rice 炒雜菜配飯

Vegetables

Carrot & Green Beans

01-July (Monday)

Hong Kong Special

Establishment Day

Public Holiday

25-June (Tuesday)

A with Rice

Mushroom and Red Onion File 0

蘑菇紅洋蔥餡餅 Vegetables

A & Herb Potato

B on Cob

Stir Fried Seasonal Vegetables

Grilled Fish with Lemon Butt

Margherita Pizza with Corn

Vegetables

Broccoli & Sweet Corn

檸檬牛油烤魚配香草焗薯

蕃茄芝士薄餅配粟米

26-June (Wednesday)

A BBQ Chicken & Veggie Pizza 燒烤雞肉蔬菜薄餅

Stir Fried Shanghai Noodles **B** with Vegetable 上海炒麵

Vegetables

Broccoli & Sweet Corn

27-June (Thursday)

Pan Fried Fish with Red A Pepper Sauce & Brown Rice 香煎魚柳配紅椒汁配糙米

Mushroom & Vegetables **B** Pasta in Cream Sauce 蔬菜蘑菇忌廉汁配意粉

Vegetables

Stir Fried Seasonal Vegetables

28-June (Friday)

Roast Lemon & Thyme A Chicken with Mashed Potato 考香草檸檬雞配薯蓉

Pan Fried Tofu & Mushroom in **B** Oyster Sauce with Rice 蠔汁蘑菇豆腐配飯

Vegetables

Mixed Vegetables

02-July (Tuesday) 03-July (Wednesday)

> Paprika Chicken with Roast **△**Potato 甜椒粉焗雞配烤薯

Vegetable Stir Fried with Rice **B**Noodles & Soy Sauce 醬油雜菜炒米粉

Vegetables

Stir Fried Seasonal Vegetables

04-July (Thursday)

Grilled Pork Chop with A Mushroom Sauce 烤豬排配蘑

Red Pepper and Spinach **B** Lasagne 紅椒菠菜千層面

Vegetables

Pumpkin & Green Beans

Hamburger with Lettuce and

05-July (Friday)

A Tomato

B Vegetable & Mushroom Risotto 雜菜蘑菇燴意大利飯

Vegetables

Steamed Zucchini & Carrot

08-July (Monday)

Teriyaki Chicken with Rice 照燒雞肉配飯

Vegetable Kebabs on Lemon **B** Couscous 蔬菜烤串配中東米

Vegetables

Steamed Cauliflower & Pumpkin

09-July (Tuesday)

Pork Tenderloin in Mushr A Sauce with Brown Rice 蘑菇汁燴豬柳配糙米

Stir Fried Eggplant with Garlic **B** Basil with Brown Rice 香草蒜蓉炒茄子配糙米飯

Vegetables

Steamed Asian Greens

10-July (Wednesday)

Pepperoni & Sweet Corn Pizz 意大利腸粟米薄餅

Stir Fried Tofu & Vegetable Udon 豆腐雜菜炒鳥冬

Vegetables

Sweet Corns & Peas

11-July (Thursday)

Stir Fried Chicken, Celery & A Carrot with Brown Rice 西芹紅蘿蔔炒雞柳配糙米飯

Vegetable Moussaka

雜菜茄子千層批

Vegetables Stir Fried Seasonal Vegetables

18-July (Thursday)

Sausages & Mash with Onion

12-July (Friday)

▲ Gravy 香腸薯蓉配洋蔥汁

Fettuccini with Mushrooms **B** and Garlic Sauce

Vegetables

Carrot & Green Beans

17-July (Wednesday) 15-July (Monday) 16-July (Tuesday)

A Shepherd's Pie 香草雞配焗薯

B Vegetable Enchiladas 蔬菜墨西哥捲餅

Vegetables

Braised Cabbage & Carrot

These foods should form

the basis of your diet.

So fill up on them

Pesto Chicken with Tomato & A Basil with Herb Potato

Stir Vegetarian Fried **B** Singapore Noodles 新加坡炒面(素)

Vegetables

Tuna & Sweet corn Pizza 果米吞拿魚薄餅

Five Spiced Eggplant & Tofu **B** with Brown Rice 五香茄子豆腐糙米飯

Vegetables

Broccoli & Carrot

Honey Glazed BBQ Pork with A Brown Rice 蜜汁叉燒糙米飯

Vegetarian Grilled Vegetable **B** Wrap 烤蔬菜捲

Vegetables Stir Fried Seasonal Vegetables

Don't have too much of these.

ust treat ourselves every so ofter

Grilled Chicken & Lettuce A Burger 烤雞扒漢堡

19-July (Friday)

Baked Broccoli Pasta in White **B** Sauce

白汁西蘭花焗意粉

Vegetables Sweet Corns & Peas

How was your meal today? Please share your

Mixed Vegetables





