

K-K2 LUNCH MENU October 21st - 25th

MEAL		TYPE OF FOOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Protein		Cream Cheese 芝士奶油	Egg & Butter Mini Sandwich 鸡蛋牛油三明治	Boiled Egg (1/2) 煮全蛋 (1/2)	Lower sugar Yakult 低糖益力多	Cheese 芝士
	Starch		Cracker 苏打饼		Donut 甜甜圈	Steamed Bun 蒸包	Digestive Crackers 消化饼
	Fruit		Banana 香蕉	Fresh-Cut Watermelon 西瓜	Fresh-Cut Apple 苹果	Pear 秋梨	Fresh-Cut Apple 苹果
LUNCH	WITH MEAT	PROTEIN	Spaghetti Bolognese with Cheese 芝士牛肉酱意粉	Chicken Fricassee 弗里卡西炖鸡	Grilled Chicken 烤鸡扒	Spanish Seafood Paella 西班牙海鲜烩饭	Farfalle Pasta with Tomato Sauce 茄汁蝴蝶粉
	VEGETARIAN		Potato Gratin 烤芝士土豆片	Vegetables and Egg Fried Rice Noodle 杂菜鸡蛋炒米粉	Braised Tofu and Mushroom 蟹味菇焖豆腐干	Steamed Eggs 蒸水蛋	
		STARCH		Bicolor Rice 杂粮双色饭	Rice 米饭		
		VEGETABLE	Choy Sum 菜心	Broccoli/Carrot 西兰花胡萝卜	Lettuce 油麦菜	Bok Choy 小唐菜	Zucchini 云南小瓜
		Drink	Yogurt 酸奶		Milk 牛奶		Yogurt 酸奶
AFTERNOON SNACK	Dessert		Raisins 提子干	Dried Vegetable Crackers 蔬果干	Japanese Snack 日式饼干	Cherry Tomatoes 圣女果	Hawthorn Roll 山楂卷
	Fruit		Fresh- Cut Melon 哈密瓜	Fresh- cut Orange 橙子	Fresh- Cut Dragon Fruit 火龙果	Fresh- cut Orange 橙子	Fresh- Cut Watermelon 西瓜