



OCTOBER 2021

SMART KITCHEN MENU



	Mon	Tue	Wed	Thu	Fri
Lunch	<p>We celebrate "Meatless Monday" & "Western Wednesday" All meals & snacks are non-GMO and peanut-free; Veggies are organic! For freshness, all ingredients are in-the-season and locally-sourced; Ingredients may be subjected to slight changes dependent on the season's</p>				<p>1 Italian Chicken Spaghetti Corn Soup 雞肉義大利麵 玉米濃湯</p>
Snack					<p>Butter Cream Biscuit Sugarless Wheat Tea 奶油起士餅 麥茶</p>
Lunch	<p>4 Fresh Tomato Risotto with Grilled Greens Onion Soup 鮮茄燉飯佐時蔬 洋蔥濃湯</p>	<p>5 Braised Cucumber & Meat Ball Braised Tofu with Vegetables Fried Vegetable Borscht Soup 大黃瓜燴肉丸子 紅燒什錦豆腐 炒時蔬 羅宋湯</p>	<p>6 Spinach & Chicken Spaghetti Corn Soup 菠菜雞肉義大利麵 玉米濃湯</p>	<p>7 Stewed Pork with Eryngii Fried Egg with Corn & Onion Fried Vegetable Pumpkin Soup 紅燒肉佐杏鮑菇 洋蔥玉米炒蛋 炒時蔬 南瓜湯</p>	<p>8 Curry Chicken Rice Stir Fried Vegetable Miso with Tofu Soup 咖喱雞燴飯 炒時蔬 味噌豆腐湯</p>
Snack	<p>Banana Pancake Lemon Water 香蕉鬆餅 檸檬水</p>	<p>Baby Fish Congee with Spinach and Egg Drop 菠菜蛋花小魚粥</p>	<p>Steamed Cream & Butter Buns Sugarless Wheat Tea 奶油包 麥茶</p>	<p>Noodle Corn Soup 玉米濃湯麵</p>	<p>Black Sugar Pancake Lemon Water 黑糖糕 檸檬水</p>

Lunch	11 Double Tenth Holiday (no school) 雙十假期	12 Japanese Style Sukiyaki Pork White Radish Soup 日式壽喜燒肉丼 白蘿蔔排骨湯	13 Ham & Egg Sandwich Tomato-Mushroom Soup 火腿蛋三明治 蕃茄洋菇湯	14 Fried Shredded Chicken with Curry Source Fried Onion with Egg Stir Fried Green Vegetable Radish & Pork Ribs Soup 咖哩炒雞片 洋蔥炒蛋 炒時蔬 排骨蘿蔔湯	15 Japanese Omelet Covered Rice Winter Gourd Soup 日式蛋包飯 冬瓜湯
Snack		Egg Noodles Soup 鮮蔬雞蛋湯麵	Roasted Potatoes & Lemon Water 烤馬鈴薯 檸檬水	Chicken & Corn Congee 雞蓉玉米粥	Blueberry Pancake Lemon Water 藍莓鬆餅 檸檬水
Lunch	18 Curry Mushroom Rice Miso Soup with Tofu 咖哩野菇燴飯 豆腐味噌湯	19 Stewed Potato & Corn Fried Vegetables Radish & Pork Soup 冬瓜燜肉 芙蓉玉米羹 炒時蔬 蘿蔔排骨湯	20 Creamy Chicken Cheese Spaghetti Corn Soup 奶油雞肉白醬義大利麵 玉米濃湯	21 Chicken and Rice Salad Stir Fried Cabbage with Carrot Ginger Winter Gourd Soup 雞肉拌飯 炒高麗菜紅蘿蔔 薑絲冬瓜湯	22 Fried Udon Noodles Miso Soup with Onion 肉絲魚板炒烏龍麵 味噌洋蔥湯
Snack	French Toast Sugarless Wheat Tea 法國吐司 麥茶	Brown Rice Congee with Ribs 糙米排骨粥	Cake & Milk 雞蛋糕 鮮奶	Curry Noodle with Chicken Soup 咖哩雞湯麵	Homemade Fruits Jelly 水果果凍
Lunch	25 Turmeric Risotto with Mushroom Mushroom Soup 薑黃蔬菜燉飯 蘑菇濃湯	26 Noodles with Pork Sauce Braised Bean Curd, Seaweed & Eggs Stir Fired Vegetable Winter Gourd & Carrot Soup 乾拌肉燥麵 滷海帶豆干雞蛋 炒時蔬 冬瓜紅蘿蔔湯	27 Cheese Hamurger Pumpkin Soup 漢堡 南瓜濃湯	28 Stewed Tofu Skin with Tomato Fried Eggs with Carrot Fried Vegetables Huanren with Ribs Soup 肉絲豆皮炒蕃茄 紅蘿蔔炒蛋 炒時蔬 大薏仁排骨湯	29 Asian Style Risotto with With Pork, Mushroom & Cabbage 香菇白菜肉羹拌飯
Snack	Chinese Pancake Sugarless Wheat Tea 蔥油餅 麥茶	Yellow Noodle Soup 切仔麵	Red Bean Pancake & Lemon Water 紅豆鬆餅 檸檬水	Pork Congee 廣東粥	Whole Wheat Biscuit Sugarless Wheat Tea 全麥餅乾 麥茶