

# Weekly lunch menu of SMIC G1 to G2

Sep 1<sup>th</sup>-Sep5<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Osmanthus cake	Shumai	Black rice cake	Doughnut	Round bread
Set menu	Beef with black pepper	Curried chicken rice	Sweet and sour pork	Spaghetti with meat sauce	sweet and sour pork
	Curried chicken		Eggs with Minced Meat	Fried fish	Braised duck in sauce
	Fried green vegetables		Fried green bean sprout and green pepper	Fried pork with two kinds of mushroom	Fried green pepper and potato
	Rice		Rice	Cabbage with gluten and carrot	Rice
				Fried lotus root Pie	
Soup	Seaweed and egg soup	Tofu and egg soup	Mushroom and meat soup	White gourd and egg soup	Tomatoes and eggs soup
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit





# Weekly lunch menu of SMIC G3 to G5

## Sep 1<sup>th</sup>-Sep5<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b> 	Osmanthus cake	Shumai	Black rice cake	Doughnut	Round bread
<b>Chinese Food Set menu</b> 	Braised pork	Sweet and sour pork	Stir-Fried Beef with Barbecue Sauce	Fried shrimp and egg	Quail egg and pork
	Fried eggs with tomatoes	Corn niblets with chicken	Vegetable scrambled eggs	Fried pork with bean vermicelli and celery	Celery with sausage
	Fried dry tofu and wild rice shoots with pork	Braised tofu with pork	Cauliflower with pork and carrot	Fried stem lettuce with carrot	Yu-Shiang Eggplant
	Fried green vegetables	Fried Zucchini	Fried green bean sprout and green pepper	Cabbage with gluten and carrot	Fried green pepper and potato
	Rice	Rice	Rice	Rice	Rice
<b>western food Set menu</b> 	Spaghetti with meat sauce	Curried chicken rice	Chicken burger	Braised pork rice	
	Roasted chicken leg		Roasted codfish		Salt and pepper ribs
	Fried pork with two kinds of mushroom		Cauliflower with pork and carrot		Fried Zucchini with pork
	Fried green vegetables		Cabbage		Fried green pepper and potato
	Fried lotus root Pie		Baked potato		Spring roll
<b>Noodles</b> 	Spicy meat noodle	Pot-stewed meat with mushroom noodle	Braised duck in sauce noodle	Braised pork noodle	Braised chicken leg noodle
<b>Weekly Special</b> 	Fried noodles with tomatoes and shredded meat	Fried noodles with tomatoes and shredded meat	Fried noodles with tomatoes and shredded meat	Fried noodles with tomatoes and shredded meat	Fried noodles with tomatoes and shredded meat
<b>Soup</b> 	Seaweed and egg soup	Tofu and egg soup	Mushroom and meat soup	White gourd and egg soup	Tomatoes and eggs soup
<b>Fruit</b>  	Fruit	Fruit	Fruit	Fruit	Juice



# Weekly lunch menu of SMIC G6 to G12

## Sep 1<sup>th</sup>-Sep5<sup>th</sup>

NO.	Monday	Tuesday	Wednesday	Thursday	Friday
1.Chinese Food Set menu 1	Curried chicken	Sweet and sour pork	Sweet and sour pork	Shredded pork with vegetables	Braised duck in sauce
	Fried dry tofu and wild rice shoots with pork	Corn niblets with chicken	Cauliflower with pork and carrot	Fried stem lettuce with carrot	Braised tofu with pork
	Fried green vegetables	Fried Zucchini	Fried green bean sprout and green pepper	Cabbage with gluten and carrot	Fried green pepper and potato
	Rice	Rice	Rice	Rice	Rice
2.Chinese Food Set menu 2	Braised pork	Sweet and sour pork	Stir-Fried Beef with Barbecue Sauce	Fried shrimp and egg	Quail egg and pork
	Fried eggs with tomatoes	Corn niblets with chicken	Vegetable scrambled eggs	Fried pork with bean vermicelli and celery	Celery with sausage
	Fried dry tofu and wild rice shoots with pork	Braised tofu with pork	Cauliflower with pork and carrot	Fried stem lettuce with carrot	Yu-Shiang Eggplant
	Fried green vegetables	Fried Zucchini	Fried green bean sprout and green pepper	Cabbage with gluten and carrot	Fried green pepper and potato
	Rice	Rice	Rice	Rice	Rice
3.western food Set menu	Spaghetti with meat sauce	Curried chicken rice	Chicken burger	Braised pork rice	Fried rice with chicken
	Roasted chicken leg		Roasted codfish		Salt and pepper ribs
	Fried pork with two kinds of mushroom		Cauliflower with pork and carrot		Fried Zucchini with pork
	Fried green vegetables		Cabbage		Fried green pepper and potato
	Fried lotus roof Pie		Baked potato		Spring roll

# Weekly lunch menu of SMIC G6 to G12

## Sep 1<sup>th</sup>-Sep5<sup>th</sup>

NO.	Monday	Tuesday	Wednesday	Thursday	Friday
4.Noodles1	Spicy meat noodle	Pot-stewed meat with mushroom noodle	Braised duck in sauce noodle	Braised pork noodle	Braised chicken leg noodle
5.Noodle2	Black Pepper Chicken Noodles	Black Pepper Chicken Noodles	Black Pepper Chicken Noodles	Black Pepper Chicken Noodles	Black Pepper Chicken Noodles
6.Weekly Special1	Hot and sour rice noodles	Hot and sour rice noodles	Hot and sour rice noodles	Hot and sour rice noodles	Hot and sour rice noodles
7.Weekly Special2	Fruit pizza	Fruit pizza	Fruit pizza	Fruit pizza	Fruit pizza
8.Weekly Special3	Hot spicy pot	Hot spicy pot	Hot spicy pot	Hot spicy pot	Hot spicy pot
9.Weekly Special4	Cream of mushroom and bacon baked rice	Cream of mushroom and bacon baked rice	Cream of mushroom and bacon baked rice	Cream of mushroom and bacon baked rice	Cream of mushroom and bacon baked rice
Soup	Seaweed and egg soup	Tofu and egg soup	Mushroom and meat soup	White gourd and egg soup	Tomatoes and eggs soup
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit

