

	Mon	Tue	Wed	01/11 Thu	02/11 Fri
A				Grilled chicken, cheddar cheese & tomato sandwiches 🍗🥚 烤雞車打芝士蕃茄三文治	Tuna mayonnaise, red onion, tomato & lettuce sandwiches (DF) 🐟🥚 吞拿魚紅洋蔥蕃茄生菜三文治
B				Potato & bacon salad w/lettuce & tartar dressing (DF) 🥔🥚 薯仔煙肉生菜沙律伴他他汁	Roasted pork, tomato, lettuce & honey mustard dressing cold wrap (DF) 🐷🥚 蜜糖芥菜汁烤豬肉蕃茄生菜凍卷
V				(Vegan) Roasted pumpkin, sweet onion & green beans cold wrap (DF) 🥔🥚 烤南瓜洋蔥青豆角凍卷	(V) Soba noodles w/shredded egg & cucumber, yuzu dressing (DF) 🥚 蕎麥冷麵配青瓜雞蛋絲配日式柚子汁

	05/11 Mon	06/11 Tue	07/11 Wed	08/11 Thu	09/11 Fri
A	CPD	Soba noodle w/beef Kanroni 🐮 日式蕎麥冷麵配牛肉甘露煮	Turkey ham, tomato, cucumber & lettuce sandwiches (DF) 🍗🥚 火雞蕃茄青瓜生菜三文治	Roasted beef, grilled bell pepper, tomato & lettuce sandwiches (DF) 🐮🥚 烤牛肉燈籠椒蕃茄生菜三文治	Green tea soba noodles w/ smoked duck breast (DF) 🍗 日式綠茶冷麵配煙鴨胸
B		Tuna, sweet corn & boiled egg cold wrap (DF) 🐟🥚 吞拿魚焗蛋粟米凍卷	Pasta Salad w/Mexican beans & shredded pork (DF) 🐷 墨西哥雜豆豬肉配意大利粉沙律	Grilled chicken, apple & lettuce cold wrap (DF) 🍗🥚 烤雞蘋果生菜凍卷	Grilled pork, feta cheese & celery cold wrap 🐷 烤豬肉發達芝士西芹凍卷
V		(V) Grilled eggplant, bell pepper, tomato & lettuce sandwiches (DF) 🥚 烤茄子燈籠椒生菜三文治	(V) Guacamole, bell pepper, tomato & lettuce cold wrap (DF) 🥚 牛油果醬燈籠椒蕃茄生菜凍卷	(Vegan) Beet root, spinach & pumpkin salad w/lettuce 紅菜頭菠菜南瓜生菜沙律	(V) Tomato, cucumber, cheddar cheese & lettuce sandwiches 🥚 蕃茄青瓜車打芝士生菜三文治

🐮 beef 🍗 chicken 🐷 pork 🐟 seafood 🥚 contain egg (DF): Dairy-free

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	12/11 Mon	13/11 Tue	14/11 Wed	15/11 Thu	16/11 Fri
A	Bacon, lettuce & tomato sandwiches (DF) 🐷🥚 煙肉生菜蕃茄三文治	Shredded pork, sour cabbage & lettuce sandwiches (DF) 🐷🥚 豬柳絲酸椰菜三文治	Tuna nicoise salad w/ lettuce (DF) 🐟🥚 吞拿魚尼斯生菜沙律	Grilled chicken, cheddar cheese & tomato sandwiches 🐔🥚 烤雞車打芝士蕃茄三文治	Tuna mayonnaise, red onion, tomato & lettuce sandwiches (DF) 🐟🥚 吞拿魚紅洋蔥蕃茄生菜三文治
B	Roasted chicken Caesar salad 🐔🥚 烤雞凱撒沙律	Roasted beef, cucumber & carrot cold wrap (DF) 🐮 烤牛肉青瓜甘筍凍卷	Roasted chicken, guacamole & lettuce cold wrap (DF) 🐔 烤雞牛油果醬生菜凍卷	Potato & bacon salad w/lettuce & tartar dressing (DF) 🐷🥚 薯仔煙肉生菜沙律伴他他汁	Roasted pork, tomato, lettuce & honey mustard dressing cold wrap (DF) 🐷 蜜糖芥菜汁烤豬肉蕃茄生菜凍卷
V	(Vegan) Grilled vegetable w/lettuce & balsamic glaze cold wrap (DF) 烤雜菜生菜意大利黑醋汁凍卷	(V) Pasta salad w/feta cheese & Italian dressing (cold) 發達芝士意大利汁意粉沙律(凍)	(V) Egg salad, tomato & lettuce sandwiches (DF) 🥚 蛋沙律蕃茄生菜沙律	(Vegan) Roasted pumpkin, sweet onion & green beans cold wrap (DF) 烤南瓜洋蔥青豆角凍卷	(V) Soba noodles w/shredded egg & cucumber, yuzu dressing (DF) 🥚 蕎麥冷麵配青瓜雞蛋絲配日式柚子汁

	19/11 Mon	20/11 Tue	21/11 Wed	22/11 Thu	23/11 Fri
A	Shredded chicken w/curry mayonnaise, tomato & lettuce sandwiches (DF) 🐔🥚 咖喱雞肉蕃茄生菜三文治	Soba noodle w/beef Kanroni 🐮 日式蕎麥冷麵配牛肉甘露煮	Turkey ham, tomato, cucumber & lettuce sandwiches (DF) 🐔🥚 火雞蕃茄青瓜生菜三文治	Roasted beef, grilled bell pepper, tomato & lettuce sandwiches (DF) 🐮🥚 烤牛肉燈籠椒蕃茄生菜三文治	Green tea soba noodles w/ smoked duck breast (DF) 🐔 日式綠茶冷麵配煙鴨胸
B	Roasted pork, tomato & carrot w/BBQ sauce cold wrap 🐷 烤豬肉蕃茄甘筍凍卷	Tuna, sweet corn & boiled egg cold wrap (DF) 🐟🥚 吞拿魚焗蛋粟米凍卷	Pasta Salad w/Mexican beans & shredded pork (DF) 🐷 墨西哥雜豆豬肉配意大利粉沙律	Grilled chicken, apple & lettuce cold wrap (DF) 🐔🥚 烤雞蘋果生菜凍卷	Grilled pork, feta cheese & celery cold wrap 🐷 烤豬肉發達芝士西芹凍卷
V	(Vegan) Lemon pasta salad (cold) (DF) 檸檬意大利粉沙律(凍)	(V) Grilled eggplant, bell pepper, tomato & lettuce sandwiches (DF) 🥚 烤茄子燈籠椒生菜三文治	(V) Guacamole, bell pepper, tomato & lettuce cold wrap (DF) 🥚 牛油果醬燈籠椒蕃茄生菜凍卷	(Vegan) Beet root, spinach & pumpkin salad w/lettuce 紅菜頭菠菜南瓜生菜沙律	(V) Tomato, cucumber, cheddar cheese & lettuce sandwiches 🥚 蕃茄青瓜車打芝士生菜三文治



















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	Year 5 camp				
	26/11 Mon	27/11 Tue	28/11 Wed	29/11 Thu	30/11 Fri
A	Bacon, lettuce & tomato sandwiches (DF)   煙肉生菜蕃茄三文治	Shredded pork, sour cabbage & lettuce sandwiches (DF)   豬柳絲酸椰菜三文治	Tuna nicoise salad w/ lettuce (DF)   吞拿魚尼斯生菜沙律	Grilled chicken, cheddar cheese & tomato sandwiches   烤雞車打芝士蕃茄三文治	Tuna mayonnaise, red onion, tomato & lettuce sandwiches (DF)   吞拿魚紅洋蔥蕃茄生菜三文治
B	Roasted chicken Caesar salad   烤雞凱撒沙律	Roasted beef, cucumber & carrot cold wrap (DF)  烤牛肉青瓜甘筍凍卷	Roasted chicken, guacamole & lettuce cold wrap (DF)  烤雞牛油果醬生菜凍卷	Potato & bacon salad w/lettuce & tartar dressing (DF)   薯仔煙肉生菜沙律伴他他汁	Roasted pork, tomato, lettuce & honey mustard dressing cold wrap (DF)  蜜糖芥茉汁烤豬肉蕃茄生菜凍卷
V	(Vegan) Grilled vegetable w/lettuce & balsamic glaze cold wrap (DF) 烤雜菜生菜意大利黑醋汁凍卷	(V) Pasta salad w/feta cheese & Italian dressing (cold) 發達芝士意大利汁意粉沙律(凍)	(V) Egg salad, tomato & lettuce sandwiches (DF)  蛋沙律蕃茄生菜沙律	(Vegan) Roasted pumpkin, sweet onion & green beans cold wrap (DF) 烤南瓜洋蔥青豆角凍卷	(V) Soba noodles w/shredded egg & cucumber, yuzu dressing (DF)  蕎麥冷麵配青瓜雞蛋絲配日式柚子汁

 beef  chicken  pork  seafood  contain egg (DF): Dairy-free

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