

**Sept 9th Wed 九月九日週三**

Asian Meatballs

亞洲風味肉球

Stir-fried veggies 炒時菜

Steam rice 白飯

Fresh fruit 時果

**Sept 11th Fri 九月十一週五**

Cobb salad 藍色乳酪沙拉

Herbed Quinoa 香料藜麥糊

Fresh fruit 時果

**Sept 14th Mon 九月十四週一**

Yakisoba noodle with tofu

日式豆腐拉麵條

Assorted veggies 雜菜

Fresh fruit 時果

**Sept 16th Wed 九月十六週三**

Pulled pork sandwiches

醃製豬肉三明治

Coleslaw 涼拌卷心菜

Jojo potatoes 炸粗土豆

Fresh fruit 時果

**Sept 18th Fri 九月十八週五**

Chicken raging 燉雞肉

Cous-cous 蒸粗麥粉

Roasted carrot 烤蘿蔔

Fresh fruit 時果

**Sept 21st Mon 九月廿一週一**

Summer Panzanella

夏日意式麵包沙拉

Three bean salad 三式豆沙拉

Fresh fruit 時果

**Sept 23rd Wed 九月廿三週三**

Enchiladas 玉米粉圓餅

Beans 豆類

Cabbage slaw 白菜絲

Fresh fruit 時果

**Sept 25th Fri 九月廿五週五**

Chicken cutlets 鷄排

Summer green beans 青豆

Chocolate banana bread

巧克力香蕉麵包

Fresh fruit 時果

**Sept 28th Mon 九月廿八週一**

Lemon broccoli pasta

檸檬西蘭花意大利麵條

Ratatouille 炒蕃茄南瓜

Fresh fruit 時果

**Sept 30th Wed 九月三十週三**

Sausage & Egg noodle

香港式香腸蛋麵

Braised cabbage and peas

紅燒卷心菜和碗豆

Fresh fruit 時果

Above is the menu for the month of  
September 2020, subject to change

以上為2020年9月份餐單，會有改動