午餐 Lunchbox

19/8	一 MON	冬菇雞粒蒸飯 Steamed Rice with Chicken & Chinese Mushroom	意式粟米豬肉丸意粉 Spaghetti with Meat Balls & Corn in Italian Style	草菇茄子肉片飯 Pork Rice with Straw Mushroom & Egg Plant
20/8	二 TUE	焗鮮茄牛柳絲長通粉 Baked Beef Penne in Tomato Sauce	銀芽雞絲炒麵 Fried Noodle with Chicken & Bean Sprouts	匈牙利薯仔豬柳粒飯 Hungarian Pork Rice with Potatoes
21/8	三 WED	杞子滑雞蒸飯 Steamed Rice with Chicken and Goji Berry	白汁南瓜雞球飯 Chicken Rice with Pumpkin in Cream Sauce	香草汁肉片飯 Pork Rice in Herbal Sauce
22/8	四 THUR	馬蹄肉餅蒸飯 Steamed Rice with Pork Patty & Water chestnut	蒜蓉豆豉三色魚柳飯 Fish Fillet Rice in Garlic & Black Bean Sauce	燒烤醬雞球飯 Chicken Rice in BBQ Sauce
23/8	五 FRI	焗意式雞球飯 Italian Baked Chicken Rice	忌廉椰菜花豬柳粒飯 Pork Rice with Cauliflower in Cream Sauce	栗子炆雞飯 Stewed Chicken Rice with Chestnut
26/8	一 MON	鮑魚菇木耳滑雞蒸飯 Steamed Rice with Chicken, Black Fungus and Abalone Mushroom	蠔油珍珠筍肉片飯 Pork Rice with Baby Corns in Oyster Sauce	蘑菇汁豬扒飯 Curry Rice with Pork & Potatoes
27/8	二 TUE	焗蜜汁菠蘿肉粒飯 Baked Rice with Chicken & Pineapple in Honey Sauce	豆卜燴雞球飯 Chicken Rice with Stew Bean Curd Puffs	沙爹魚柳飯 Satay Fish Fillet Rice
28/8	三 WED	冰花梅醬排骨蒸飯 Steamed Rice with Spare Ribs in Plum Sauce	黑椒什扒飯 Rice with Assorted Steak in Black Pepper Sauce	鮮茄雞肉醬配三色螺絲粉 Fusilli with Minced Chicken in Tomato Sauce
29/8	四 THUR	豉汁蒸排骨飯 Steamed Spare Ribs in Black Bean Sauce	勝瓜北菇肉粒飯 Rice with Pork, Mushroom and Loofah	酸甜車厘茄雞球 Chicken Rice with Baby Tomato in Sweet & Sour Sauce
30/8	五 FRI	焗鮮茄雞柳飯 Baked Rice with Chicken in Tomato Sauce	燒汁豬扒飯（糙米飯） Brown Rice with Pork Chop in BBQ Sauce	蜜汁金菇牛肉飯 Rice with Beef & Winter Mushroom in Honey Sauce