



May 2024



**CHRISTIAN ALLIANCE
INTERNATIONAL SCHOOL**
宣道國際學校

			02/05 Thursday	03/05 Friday
Main Course A			Korean stir-fried udon with beef 韓式牛肉烏冬 	Pork cutlet in onion sauce with rice 吉列豬扒洋蔥汁配飯  
Main Course B			Minced pork and sweet corn with pasta 粟米免治豬肉醬意粉  	Baked chicken in basil tomato creamy sauce with pasta 羅勒蕃茄忌廉雞肉意粉  
Main Course C (Vegetarian)			Tofu and potato curry with red rice 咖喱豆腐薯仔配紅米飯   	Fried noodle with mixed vegetable 雜菜炒油麵   
Side Vegetables			Baby cabbage and carrot 娃娃菜甘筍	Zucchini 翠玉瓜
Dessert			Cream puff 泡芙  	Orange 橙































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	06/05 Monday	07/05 Tuesday	08/05 Wednesday	09/05 Thursday	10/05 Friday
Main Course A	Portuguese chicken with rice 葡國雞配飯 	Sweet and sour pork with rice 咕嚕肉配飯	Steamed chicken and pumpkin with brown rice 南瓜蒸雞配糙米飯 	Pan-fried pork chop in garlic sauce with rice 蒜蓉豬扒配飯 	Fried rice with minced beef 生炒牛肉飯  
Main Course B	Deep-fried fish fillet in mushroom cream sauce with pasta 忌廉蘑菇魚柳配意粉  	Roasted smoked duck breast in tomato sauce with pasta 燒煙鴨胸配茄汁意粉 	Beef Bolognese cheese burger with fries 芝士肉醬漢堡配薯條  	Tuna fish in cream sauce with pasta 白汁吞拿魚意粉  	Ham, sweet corn and cheese pizza 粟米火腿芝士薄餅 
Main Course C (Vegetarian)	Vegetarian Xiamen fried vermicelli 廈門炒米   	Steamed trio egg (egg, preserved egg and salty egg) with red rice 蒸三色蛋配紅米飯   	Spinach and cherry tomato with pasta 車厘茄波菜意粉  	Korean stir-fried glass noodle with mixed vegetable 韓式雜菜炒粉絲  	Ratatouille pasta 普羅旺斯燉菜配意粉  
Side Vegetables	Sweet corn 粟米	Cabbage and carrot 椰菜甘筍	Mixed vegetable 雜菜	Sweet corn 粟米	Fuzzy melon and carrot 節瓜甘筍
Dessert	Mochi ice cream 雪米糍  	Watermelon 西瓜	Orange 橙	Ribena 提子汁	Butter Cake 牛油蛋糕 





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	13/05 Monday	14/05 Tuesday	15/05 Wednesday	16/05 Thursday	17/05 Friday
Main Course A	Creamy Tuscan chicken with rice 意式忌廉焗雞配飯  	Japanese stir-fried beef and leek with rice 日式燒汁大蔥炒牛肉配飯 		Oriental style sliced beef tenderloin with rice 中式牛柳配飯 	Deep-fried chicken in sweet corn sauce with rice 粟米炸雞配飯 
Main Course B	Italy arrabiata ham with pasta 意式蕃茄蓉火腿意粉  	Deep-fried fish fillet in fresh tomato sauce with pasta 鮮蕃茄炸魚柳配意粉 		Duck bourguignon with mashed potato 法式燴鴨配薯蓉  	Pan-fried pork chop and onion bun with potato 洋蔥豬扒包配薯仔  
Main Course C (Vegetarian)	Italy broccoli and potato frittata 意式薯仔西蘭花烘蛋    	Stir-fried lan fun with carrot, onion and cabbage 三絲炒瀨粉  		Stir-fried silver needle noodle with soy sauce 豉油王炒銀針粉  	Mac and cheese with mixed vegetable 雜菜芝士焗通粉   
Side Vegetables	Cabbage and carrot 椰菜甘筍	Zucchini 翠玉瓜		Sweet corn 粟米	Mixed vegetable 雜菜
Dessert	Cherry tomato 車厘茄	Cream puff 泡芙  		Apple juice 蘋果汁	Jelly 啫喱





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	20/05 Monday	21/05 Tuesday	22/05 Wednesday	23/05 Thursday	24/05 Friday
Main Course A	Gyudon (Beef and egg rice bowl) 日式滑蛋牛肉丼  	Vietnamese lemongrass chicken with rice 越式香茅雞扒飯 	Pan-fried smoked duck breast in honey gravy sauce with rice 香煎煙鴨胸配蜜糖燒汁飯 	Malaysian fish coconut curry with rice 馬來椰漿咖哩魚柳配飯  	Braised beef in fresh tomato sauce with pasta 鮮茄牛肉配意粉  
Main Course B	Bacon and crab stick in cream sauce with pasta 忌廉煙肉蟹柳意粉  	Pork cacciatore with pasta 獵人燴猪肉意粉 	Classic hot dog with fries 熱狗配薯條 	Creamy sweet corn and pork with pasta 忌廉粟米肉粒配意粉  	BBQ chicken and cheese pizza 烤雞芝士薄餅  
Main Course C (Vegetarian)	Stir-fried Singapore vermicelli 星州炒米  	Japanese stir-fried udon 日式炒烏冬  	Braised e-fu noodle with mushroom and mixed vegetable 蘑菇雜菜炆伊麵    	Stewed tofu and tomato with red rice 蕃茄燴豆腐配紅米飯  	Nasi goreng 印尼炒飯   
Side Vegetables	Cabbage and carrot 椰菜甘筍	Fuzzy melon and carrot 節瓜甘筍	Sweet corn 粟米	Mixed vegetable 雜菜	Cabbage and carrot 椰菜甘筍
Dessert	Yoghurt 乳酪 	Orange 橙	Watermelon 西瓜	Chocolate cake 朱古力蛋糕 	Cherry tomato 車厘茄








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	27/05 Monday	28/05 Tuesday	29/05 Wednesday	30/05 Thursday	31/05 Friday
Main Course A	Stir-fried chicken and zucchini with rice 翠玉瓜炒雞柳配飯 	Japanese stir-fried ginger pork with rice 日式豚肉生薑燒配飯 	Steamed chicken and shitake mushroom with rice 香菇蒸雞配糙米飯  	Japanese beef curry with rice 日式咖喱牛肉配飯 	Western fried rice (seafood free) 西炒飯(不含海鮮) 
Main Course B	Pasta carbonara 卡邦尼意粉   	Italy beef meatball in tomato sauce with pasta 意式茄醬牛肉丸意大利粉  	Deep-fried fish fillet burger and tartar sauce with fries 魚柳包他他汁配薯條  	Stewed chicken and onion in fresh tomato sauce with pasta 鮮蕃茄雞肉洋蔥意粉 	Roasted chicken in gravy sauce with potato 燒汁烤雞配薯仔 
Main Course C (Vegetarian)	Young Chow fried rice with veggie spring roll 楊州炒飯配素菜春卷   	Braised tofu with red rice 紅燒豆腐配紅米飯  	Napolean pasta 拿破崙意粉  	Thai fried rice noodle with vegetable (No spicy) 泰式雜菜炒河粉(不辣)  	Creamy spinach pasta 白汁菠菜意粉   
Side Vegetables	Fuzzy melon and carrot 節瓜甘筍	Sweet corn 粟米	Baby cabbage and carrot 娃娃菜甘筍	Mixed vegetable 雜菜	Zucchini 翠玉瓜
Dessert	Mochi ice cream 雪米糍  	Orange 橙	Rock melon 哈密瓜	Cherry tomato 車厘茄	Marble Cake 雲石蛋糕  

