



## Tea Menu November 2021

	Monday	Tuesday	Wednesday	Thursday
	1/11	2/11	3/11	4/11
Main	Mini Chocolate Muffin 迷你朱古力鬆餅 	Xiao Long Bao 小籠包	Sweetcorn Cup 粒粒粟米杯	Mini English Raisin Scone 迷你英式提子鬆餅
Beverage	Low Fat Milk 低脂奶	Soy Milk 豆漿	Ovaltine 阿華田	Fruit Juice 果汁
	8/11	9/11	10/11	12/11
Main	Mixed Fruit & Potato Salad 雜果薯仔沙律 	Mini Egg Sandwich 迷你雞蛋三文治 	Siu Mai 魚肉燒賣 	Pan-fried Pork Bun 生煎包
Beverage	Low Fat Milk 低脂奶	Horlicks 好立克	Fruit Juice 果汁	Soy Milk 豆漿
	15/11	16/11	17/11	18/11
Main	Curry Fish Ball 咖喱魚蛋 	Mini Hog dog 迷你熱狗 	Low Fat Yoghurt (Fruit Flavor) 低脂水果味乳酪杯 	Banana Cake 香蕉蛋糕 
Beverage	Fruit Juice 果汁	Low Fat Milk 低脂奶	Ovaltine 阿華田	Low Fat Milk 低脂奶
	22/11	23/11	24/11	25/11
Main	Tuna on Crackers 吞拿魚梳打餅	Mini Ham and Pineapple Pizza 迷你菠蘿火腿薄餅	Chinese Egg-fried Rice Roll 中式雞蛋煎腸粉 	Oatmeal Raisin Cookies 燕麥葡萄乾餅乾
Beverage	Low Fat Milk 低脂奶	Ovaltine 阿華田	Soy Milk 豆漿	Low Fat Milk 低脂奶

**EAT MORE**  
健康之選, 適合經常食用  
These foods should form the basis of your diet. So fill up on them.

**EAT MODERATELY**  
請適宜地食用  
Best eaten in moderation. These food are still important for a balanced diet.


**EAT LESS**  
建議少選擇為佳  
Don't have too much of these. Just treat ourselves every so often.



以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



Tea Menu November 2021

	Monday	Tuesday	Wednesday	Thursday
	29/11	30/11	1/12	2/12
Main	Mini Butter Muffin 迷你牛油鬆餅	Chinese Dumplings 中式餃子		
Beverage	Low Fat Milk 低脂奶 	Soy Milk 豆漿		



**健康之選，適合經常食用**  
These foods should form the basis of your diet. So fill up on them.



**請適宜地食用**  
Best eaten in moderation. These food are still important for a balanced diet.



**建議少選擇為佳**  
Don't have too much of these. Just treat ourselves every so often.



素食  
Vegetarian Choice



含有蛋類  
Egg Alert



含有奶類  
Dairy Alert



含有魚類  
Fish Alert



含有貝殼類海鮮  
Shellfish Alert

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