



Tea Menu July 2022

	Monday	Tuesday	Wednesday	Thursday
	4/7	5/7	6/7	7/7
Main	Xiao Long Bao 小籠包	Mini Ham & Cheese Sandwich 芝士火腿三文治 	Japanese Dumplings 日式餃子	Sweetcorn Cup with Butter 牛油粒粒粟米杯
Beverage	Horlicks 好立克	Low Fat Milk 低脂奶	Soy Milk 豆漿	Chinese Tea 中國茶
	11/7	12/7	13/7	14/7
Main	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	Egg Mayo Salad Sandwich 蛋沙律三文治
Beverage	Low Fat Milk 低脂奶	Horlicks 好立克	Chinese Tea 中國茶	Soy Milk 豆漿
	18/7	19/7	20/7	21/7
Main	Strawberry Jam Sandwich 士多啤梨果醬三文治 	Curry Fish Ball 咖喱魚蛋 	Tuna on Crackers 吞拿魚梳打餅 	Mini Blueberry Muffin 迷你藍莓鬆餅
Beverage	Ovaltine 阿華田	Chinese Tea 中國茶	Low Fat Milk 低脂奶	Soy Milk 豆漿
	25/7	26/7	27/7	28/7
Main	Chocolate Croissant 朱古力牛角包 	Mini Hog dog 迷你熱狗 	Potato & Apple Salad 薯仔蘋果沙律 	Pan-fried Pork Bun 生煎包
Beverage	Chinese Tea 中國茶	Ovaltine 阿華田	Low Fat Milk 低脂奶	Soy Milk 豆漿

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 foods 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