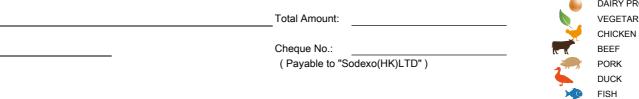


Contact No.:

YMCA of Hong Kong Christian College Feb 2022 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
		7-Feb	8-Feb	9-Feb	10-Feb	11-Feb
		/-rep	0-rep	<u>9-rep</u>		Teriyaki Fried Udon with Vegetables
	A	CNY Holiday	Chana Masala with Rice 🌶	Eggplant Moussaka with French Bread	Bolognese(Beyond) with Fried Potato	and Shitake Mushroom/Veg. Spring Roll
Main Course	в		Pasta Chicken A La King 🛒	Sweet & Sour Fish with Rice	Beef Mince Keema Curry with Rice	Roasted Chicken and Rice with Black Pepper Sauce 🤟
		14-Feb	15-Feb	16-Feb	17-Feb	18-Feb
	A	Pineapple Tofu Fried Rice with Samosa	Grilled Vegetables with Cousous	Pasta with Roasted Vegetable in Sun- Dried Tomato Sauce	Pizza Hawaii with Roasted Potato	Vegetrian Nasi Goreng with Fried Tofu
Main Course	в	Grilled Pork Chop with Sauteed Potato and Onion Gravy	Taiwanese Braised Beef with Mushroom Brown Rice	Thai Coconut Fish Curry	Teriyaki Chicken Steak with Rice	Pasta with Baked Fish Fillet in Tomato Concasse y
		21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
	Α	Braised Eggplant and Omni Pork with Rice	Aloo Gobi Masala with Rice	Pasta with pumpkin cream sauce	Lentil Dahl with Cumin Rice	Singapore fried noodle with Samosa
Main Course	в	Pasta with Chicken Stew and Mushroom 🥚 🛁	Grilled Pork Chop with Roasted Potato (Honey Mustard Sauce)	Fried Chicken with Sweet Corn Sauce/ Rice 🥠	Pasta Bolognese 🥚 🛒	Japanese Teriyaki Chicken w/Brown Rice /
		28-Feb	1-Mar	2-Mar	3-Mar	4-Mar
	A	Thai style Braised Tofu with Pineapple / Rice				
Main Course	в	Sauteed Sliced Beef and Black Pepper with Rice				
*Meat Choice of main course is \$36 and the Vegetarian main course is \$33.(included \$3 for the paper disposable lunch box)						
Name of student:			Class:	Payee :	×	SPICY DAIRY PRODUCT
Email A	ddress	:		Total Amount:		VEGETARIAN



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