



Kid's Meal





















# Best Food

01433 11 440

POWILS  
MARCH (19 days)

Best Food provides :

1. Lunch Box with Name Tag
2. Fruits & Vegetables with each set meal
3. All meats are cut into bite size
4. **Special Dietary Meals are available upon request.**
5. Only Boneless & Skinless Chicken White meat is used unless otherwise indicated
6. **Please provide own cutlery**

	monday	tuesday	wednesday	thursday	friday
	3 Mar	4 Mar	5 Mar	6 Mar	7 Mar
中餐 Asian	Hainan Style Chicken Rice 海南鸡饭 	Steamed Chicken with Baby Cabbage 娃娃菜蒸鸡肉 	Braised Chicken Meat Balls 红烧狮子头 (鸡) 	Sweet & Sour Chicken 糖醋鸡 	BF Onigiri Meal BF 饭团 
西餐 Western	Grilled Drumstick 香烤鸡腿肉 	Mac & Cheese 奶酪通心粉 	Fish Fillet with Butter Rice 炸鱼片 	Quesadilla 墨西哥馅饼 	BF Sandwich BF 三明治 
	10 Mar	11 Mar	12 Mar	13 Mar	14 Mar
中餐 Asian	Egg Fried Rice 蛋炒饭 	BF Sushi BF 特选寿司 	Japanese Curry 日式咖喱 	Broccoli Stir-fried Chicken Breast 西兰花炒鸡胸肉 	Tomato Braised Chicken with egg 番茄鸡肉炒蛋 
西餐 Western	Fish Finger & Chips 鱼柳与薯条 	BF Burger BF 汉堡 	Napoli Sauces Spaghetti 茄汁意面 	BF Pizza BF 披萨 	Nestum Chicken 麦香鸡丁 

Pictures are for illustration purposes only



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MARCH (19 days)

	monday	tuesday	wednesday	thursday	friday
	17 Mar	18 Mar	19 Mar	20 Mar	21 Mar
中餐 Asian		<b>No School</b>	Steam Egg with Minced Chicken 鸡肉碎蒸蛋 	Fried Noodle 炒面 	Braised Chicken Meat Balls 红烧狮子头 (鸡) 
西餐 Western			Quesadilla 墨西哥馅饼 	Fish & Chips 炸鱼与薯条 	BF Hot Dog BF 热狗 
	24 Mar	25 Mar	26 Mar	27 Mar	28 Mar
中餐 Asian	Tomatoes Fried Rice 番茄土豆炒饭 	Hainan Style Chicken Rice 海南鸡饭 	Minced Chicken 鸡肉碎饭 	BF Sushi BF 特选寿司 	Egg Fried Rice 蛋炒饭 
西餐 Western	BF Sandwich BF 三明治 	Grilled Drumstick 香烤鸡腿肉 	BF Burger BF 汉堡 	Napoli Sauces Spaghetti 茄汁意面 	BF Pizza BF 披萨 

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