



Languages
Cantonese

Primary Flashcards 主要嘅閃卡

2024 - 2025

Autumn/Winter 24- 25

Margherita Pizza Slice with Wedges and Sweetcorn- KS1

瑪格麗塔薄餅片配楔形同甜玉米



Margherita Pizza Slice with Wedges and Sweetcorn- KS2

瑪格麗塔薄餅片配楔形同甜玉米



Veggie Pepper and Sweetcorn Pizza with Wedges and Sweetcorn- KS1

素胡椒同甜玉米薄餅配楔形同甜玉米



Veggie Pepper and Sweetcorn Pizza with Wedges and Sweetcorn- KS2

素胡椒同甜玉米薄餅配楔形同甜玉米



Toffee Frozen Yoghurt- KS1 & KS2

太妃糖凍乳酪



BBQ Cheesy Chicken with Apple Slaw and Wholegrain Rice- KS1

BBQ 芝士雞配蘋果沙律同全麥飯



BBQ Cheesy Chicken with Apple Slaw and Wholegrain Rice- KS2

BBQ 芝士雞配蘋果沙律同全麥飯



Butterbean Ratatouille with Apple Slaw and Wholegrain Rice- KS1

牛油豆拉塔圖配蘋果沙律同全麥飯



Butterbean Ratatouille with Apple Slaw and Wholegrain Rice- KS2

牛油豆拉塔圖配蘋果沙律同全麥飯



Sweet Potato Brownie- KS1

紅薯布朗尼



Sweet Potato Brownie- KS2

TRADITIONAL

紅薯布朗尼



Autumn/Winter 24- 25

Roast Gammon, Roast Potatoes, Gravy and Peas & Carrots- KS1

燒 Gammon、燒薯仔、肉汁同埋豌豆同胡蘿蔔



Roast Gammon, Roast Potatoes, Gravy and Peas & Carrots- KS2

燒 Gammon、燒薯仔、肉汁同埋豌豆同胡蘿蔔



Quorn Sausage, Roast Potatoes, Gravy and Peas & Carrots- KS1

Quorn 香腸、燒薯仔、醬汁同豌豆同胡蘿蔔



Quorn Sausage, Roast Potatoes, Gravy and Peas & Carrots- KS2

Quorn 香腸、燒薯仔、醬汁同豌豆同胡蘿蔔



Forest Fruits Jelly Pots- KS1

森林水果 啫喱盆



Forest Fruits Jelly Pots- KS2

森林水果 啫喱盆



Lasagne with Green Beans- KS1

綠豆千層麵



Lasagne with Green Beans- KS2

綠豆千層麵



TRADITIONAL

**FOOD
FESTIVAL**
By Aspens

Vegetable Lasagne with Green Beans- KS1

蔬菜千層麵配綠豆



Autumn/Winter 24- 25

Vegetable Lasagne with Green Beans- KS2

蔬菜千層麵配綠豆



Cookie Dough Apple Crumble- KS1

曲奇麵團蘋果碎



Cookie Dough Apple Crumble- KS2

曲奇麵團蘋果碎



Golden Fish Fingers or Salmon Fingers with Chips and Baked Beans- KS1

金魚手指或者三文魚手指配薯片同 焗豆



Golden Fish Fingers or Salmon Fingers with Chips and Baked Beans- KS2

金魚手指或者三文魚手指配薯片同 焗豆



Vegetable Burger with Chips and Baked Beans- KS1

蔬菜漢堡配薯片同 焗豆



Vegetable Burger with Chips and Baked Beans- KS2

蔬菜漢堡配薯片同 焗豆



Jammy Thumbprint Biscuits- KS1

果醬拇指印餅乾



Jammy Thumbprint Biscuits- KS2

果醬拇指印餅乾



Cheesy Tomato Pizza Muffins Wholegrain Pasta Salad and Green Salad- KS1

芝士蕃茄披薩鬆餅全麥意粉沙律同綠色沙律



Cheesy Tomato Pizza Muffins Wholegrain Pasta Salad and Green Salad- KS2

芝士蕃茄披薩鬆餅全麥意粉沙律同綠色沙律



BBQ and Sweetcorn Pizza Slice Wholegrain Pasta Salad and Green Salad- KS1

BBQ 同甜玉米薄餅片全麥意粉沙律同綠色沙律



BBQ and Sweetcorn Pizza Slice Wholegrain Pasta Salad and Green Salad- KS2

BBQ 同甜玉米薄餅片全麥意粉沙律同綠色沙律



Toffee Apple Sponge- KS1

太妃糖蘋果海綿



Toffee Apple Sponge- KS2

太妃糖蘋果海綿



Chicken and Sweetcorn Cobbler Herby Diced Potato and Carrots- KS1

雞肉同甜玉米鞋匠草藥切碎嘅薯仔同胡蘿蔔



Chicken and Sweetcorn Cobbler Herby Diced Potato and Carrots- KS2

雞肉同甜玉米鞋匠草藥切碎嘅薯仔同胡蘿蔔



Winter Vegetable Crumble Herby Diced Potato and Carrots- KS1

冬天蔬菜碎香草碎薯仔同胡蘿蔔



Winter Vegetable Crumble Herby Diced Potato and Carrots- KS2

冬天蔬菜碎香草碎薯仔同胡蘿蔔



Chocolate Sprinkle Iced Cake- KS1

朱古力撒冰蛋糕



Chocolate Sprinkle Iced Cake- KS2

朱古力撒冰蛋糕



TRADITIONAL

**FOOD
FESTIVAL**
By Aspens

Roast Pork, Roast Potatoes, Gravy and Mixed Greens- KS1

燒豬肉、燒薯仔、肉汁同雜菜



Autumn/Winter 24- 25

Roast Pork, Roast Potatoes, Gravy and Mixed Greens- KS2

燒豬肉、燒薯仔、肉汁同雜菜



Cauliflower Cheese, Crispy Onion Topping, Roast Potatoes and Mixed Greens- KS1

花椰菜芝士、脆洋蔥餡、烤薯仔同雜菜



Cauliflower Cheese, Crispy Onion Topping, Roast Potatoes and Mixed Greens- KS2

花椰菜芝士、脆洋蔥餡、烤薯仔同雜菜



Raspberry Coconut Jelly- KS1

覆盆子椰子 啫喱



Raspberry Coconut Jelly- KS2

TRADITIONAL

覆盆子椰子 啫喱



Autumn/Winter 24- 25

Classic Cottage Pie with Peas- KS1

經典嘅山寨派配豌豆



Autumn/Winter 24- 25

TRADITIONAL

**FOOD
FESTIVAL**
By Aspens

Classic Cottage Pie with Peas- KS2

經典嘅山寨派配豌豆



Autumn/Winter 24- 25

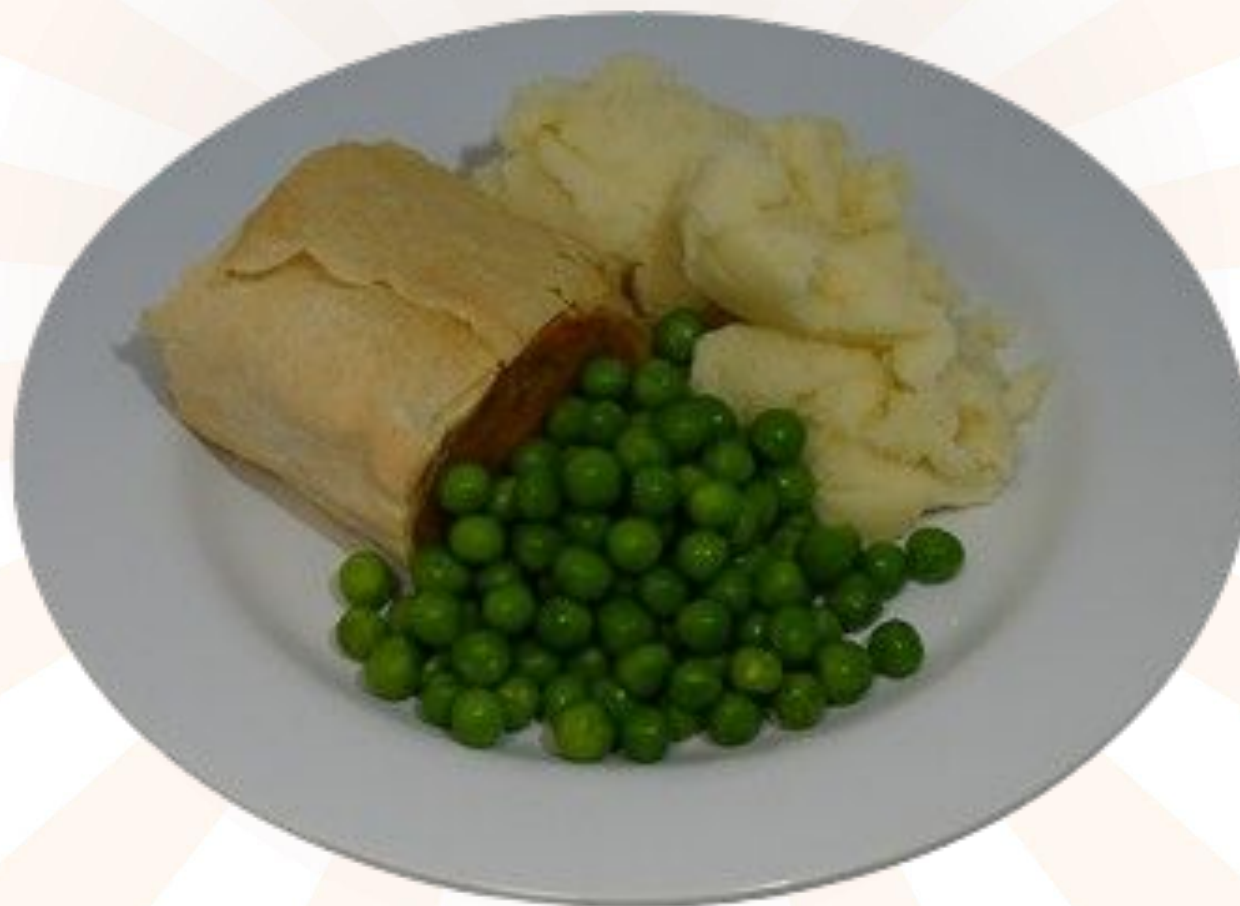
Roasted Sweet Potato Pastry Roll with Mash and Peas- KS1

燒紅薯酥皮卷配泥同豌豆



Roasted Sweet Potato Pastry Roll with Mash and Peas- KS2

燒紅薯酥皮卷配泥同豌豆



Fresh Fruit Salad- KS1

TRADITIONAL

新鮮水果沙律



Autumn/Winter 24- 25

Fresh Fruit Salad- KS2

TRADITIONAL

新鮮水果沙律



Autumn/Winter 24- 25

Battered Fish with Chips and Baked Beans- KS1

炸魚配薯片同 焗豆



Battered Fish with Chips and Baked Beans- KS2

炸魚配薯片同 焗豆



Cheese and Tomato Toasted Wrap with Chips and Baked Beans- KS1

芝士蕃茄烤包配薯片同 焗豆



Cheese and Tomato Toasted Wrap with Chips and Baked Beans- KS2

芝士蕃茄烤包配薯片同 焗豆



Anzac Biscuits- KS1

TRADITIONAL

安扎克餅乾



Autumn/Winter 24- 25

Anzac Biscuits- KS2

TRADITIONAL

安扎克餅乾



Autumn/Winter 24- 25

American Style Macaroni Cheese with Carrots- KS1

美式芝士通心粉配紅蘿蔔



American Style Macaroni Cheese with Carrots- KS2

美式芝士通心粉配紅蘿蔔



Veggie Wholegrain Pasta Bolognese with Carrots- KS1

素食全麥意粉肉醬配紅蘿蔔



Veggie Wholegrain Pasta Bolognese with Carrots- KS2

素食全麥意粉肉醬配紅蘿蔔



Marble Cake- KS1

TRADITIONAL

大理石蛋糕



Autumn/Winter 24- 25

Marble Cake- KS2

TRADITIONAL

大理石蛋糕



Autumn/Winter 24- 25

Sausage Casserole with Mash and Roast Root Veggies- KS1

香腸煲配泥同燒根蔬菜



Sausage Casserole with Mash and Roast Root Veggies- KS2

香腸煲配泥同燒根蔬菜



Vegetable Pot Pie with Mash and Roast Root Veggies- KS1

蔬菜煲派配泥同燒根蔬菜



Vegetable Pot Pie with Mash and Roast Root Veggies- KS2

蔬菜煲派配泥同燒根蔬菜



Apple, Cinnamon Raisin Flapjacks- KS1

蘋果, 肉桂葡萄干薄餅



Apple, Cinnamon Raisin Flapjacks- KS2

蘋果, 肉桂葡萄干薄餅



Roast Chicken, Stuffing, Roast Potatoes, Gravy, Peas and Sweetcorn- KS1

燒雞、餡料、燒薯仔、肉汁、豌豆同甜玉米



Roast Chicken, Stuffing, Roast Potatoes, Gravy, Peas and Sweetcorn- KS2

燒雞、餡料、燒薯仔、肉汁、豌豆同甜玉米



Carrot and Stuffing Pastry Plait with Peas and Sweetcorn- KS1

胡蘿蔔同餡酥皮盤配豌豆同甜玉米



Carrot and Stuffing Pastry Plait with Peas and Sweetcorn- KS2

胡蘿蔔同餡酥皮盤配豌豆同甜玉米



Orange and Mango Jelly- KS1

橙同芒果啫喱



Orange and Mango Jelly- KS2

橙同芒果啫喱



Meatballs in Tomato Sauce with Rice and Broccoli- KS1

蕃茄醬肉丸配飯同西蘭花



Meatballs in Tomato Sauce with Rice and Broccoli- KS2

蕃茄醬肉丸配飯同西蘭花



Mild Veggie Bean Chilli Loaded Wedges with Cheese and Broccoli- KS1

溫和嘅素豆辣椒裝楔配芝士同西兰花



Mild Veggie Bean Chilli Loaded Wedges with Cheese and Broccoli- KS2

溫和嘅素豆辣椒裝楔配芝士同西兰花



Banana Bread Muffins- KS1 & KS2

香蕉麵包鬆餅



Vegetable Fingers with Chips and Baked Beans- KS1

蔬菜手指配薯片同 焗豆



Vegetable Fingers with Chips and Baked Beans- KS2

蔬菜手指配薯片同 焗豆



Gingerbread Cookies- KS1

薑餅曲奇



Gingerbread Cookies- KS2

TRADITIONAL

薑餅曲奇



Autumn/Winter 24- 25

Jacket Potato with Beans - KS1

夾克薯仔配豆



Jacket Potato with Beans - KS2

夾克薯仔配豆



Jacket Potato with Cheese - KS1

夾克薯仔配芝士



Jacket Potato with Cheese - KS2

夾克薯仔配芝士



Jacket Potato with Tuna Mayo - KS1

夾克薯仔配吞拿魚蛋黃醬



Jacket Potato with Tuna Mayo - KS2

夾克薯仔配吞拿魚蛋黃醬

