| $1^{\text {st }}$ week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast | Meat Chopped Macaroni | Milk Oatmeal | Twist Bun | Sweet Round Roll | Sliced Giant Wheat Sandwich Bread | Sliced Giant Wheat Sandwich Bread |
| Lunch | Tomato and Sliced Pork Soup <br> Steamed Egg with Minced Meat Stir-fried Cabbage | Tofu and Seaweed Soup with Lean Pork <br> Cooked Chicken Tenderloin with Cabbage <br> Scrambled Eggs | Lean Pork Soup with Hairy Melon <br> Shredded Beef Tenderloin Cooked with Baby Vegetables Steamed Eggs | Papaya Pork Chop Soup <br> Scrambled Eggs with Minced Meat <br> Stir-fried baby vegetables | Borscht <br> Spaghetti with Bolognese Sauce | Minced Pork <br> with <br> Vegetable <br> Fried Rice |
| Tea <br> Time | Milk <br> Wheat Raisin Bun | Congee with Minced Pork and Corn | Milk <br> Chicken Fusilli | Milk <br> Macaroni with Minced Meat | Milk <br> Minced Meat and Rice Noodles in Soup |  |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |  |


| $2^{\text {nd }}$ Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast | Meat Chopped Macaroni | Brown Sugar Raisin Bun | Sliced Giant Wheat Sandwich Bread | Sweet Round Roll | Pancake | Sweet <br> Round Roll |
| Lunch | Minced Pork Soup with Cucumber <br> Sliced Beef Cooked with Spinach <br> Scrambled Eggs | Pumpkin Sliced Pork Soup <br> Fried Rice with Chicken Tenderloin and Zucchini | Corn, Tofu and Lean Pork Soup <br> Meatballs with Cabbage <br> Steamed Eggs | Apple \& Snow Pear Soup with Minced Pork <br> Stir-fried Broccoli Carrot <br> Steamed <br> Meatloaf | Papaya Lean Pork Soup <br> Boiled Fish with Cabbage <br> Scrambled Eggs with Green Beans | Minced Pork with Vegetable Fried Noodles |
| Tea <br> Time | Finger Biscuits <br> Milk and Egg Oatmeal | Tomato and Minced beef Porridge | Milk <br> Corn Meat <br> Chopped <br> Macaroni | Milk <br> Shanghai Noodles with Minced Meat | Milk <br> Shredded pork with Vegetables and Rice Noodles |  |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |  |


| $3^{\text {rd }}$ Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast | Steamed Bread | Corn Flakes with Milk | Sliced Giant Wheat Sandwich Bread | Wheat Raisin Bun | Twist Bun | Hard-boiled Egg |
| Lunch | Carrot and Potato Pork Soup <br> Chicken Tenderloin with Cabbage <br> Steamed Eggs | Borscht <br> Fusilli with Creamy Mixed Vegetables and Minced Pork | Lean Pork Soup with Hairy Melon <br> Beef with Green Beans Steamed Eggs | Papaya Lean Pork Soup <br> Meatballs with Tomatoes <br> Scrambled Eggs | Lean Pumpkin Soup <br> Sliced Pork <br> Cooked with Cabbage <br> Steamed Egg with <br> Minced Meat | Minced Pork with Vegetable Fried Rice |
| Tea <br> Time | Milk <br> Rice Noodles with Minced Pork and Mixed Beans in Soup | Egg Sandwich | Congee with Minced pork and Lettuce | Milk <br> Boiled Corn | Sesame Biscuits <br> Milk and Egg Oatmeal |  |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |  |


| $4^{\text {th }}$ Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast | Hard-boiled Egg | Butter Roll | Steamed Rice <br> Noodles Roll | Brown Sugar Raisin Bun | Sesame Cocktail Bun | Sweet <br> Round Roll |
| Lunch | Spinach and Minced Pork Soup <br> Steamed Sliced Pork with Pumpkin <br> Scrambled Eggs | Cucumber and Minced Pork Soup <br> Stir-fried vegetable cores <br> Steamed <br> Meatloaf | Corn, Tofu and Lean Pork Soup <br> Boiled Meatballs with Baby Vegetables Steamed Eggs | Cabbage and Sliced Pork Soup <br> Chicken Tenderloin with Tomato and Egg Fried Noodles | Lean Pork Soup with Green Carrot and Carrot <br> Boiled Fish with Cabbage <br> Scrambled Eggs with <br> Green Beans | Minced Pork with Vegetable Fried Noodles |
| Tea <br> Time | Milk <br> Shanghai Noodles with Minced Meat | Fried Noodles with Shredded Pork and Silver Sprouts | Milk <br> Minced pork Macaroni | Marie Biscuits <br> Milk and Egg Oatmeal | Milk <br> Minced pork with vegetables and rice noodles |  |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |  |

