



| Date/Item | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday               |
|-----------|---|--|--|--|--|------------------------|
| Breakfast | Milk<br>Rice Krispies                           | Corned chicken<br>macaroni   | Milk<br>Cheese finger<br>buns  | Shredded egg with<br>minced pork angel<br>noodles            | Milk<br>Raisin buns  | Water<br>Cupcake       |
| Lunch     | Steamed water<br>eggs<br>Beef with<br>courgette | Steamed Tofu with<br>Poached Fish<br>Chicken with<br>cabbage and egg | Chicken with<br>Green and Red<br>Peppers<br>Steamed Pork Pie<br>with Chinese<br>water chestnut | Boiled chicken<br>with corn<br>Boiled beef with<br>vegetable | Poached Egg with<br>Tomato<br>Braised Beef with<br>fuzzy melon | Spaghetti<br>Bolognese |
| Soup      | Pork Rib Soup<br>with watercress<br>and Dates   | Pork Soup with<br>fuzzy melon and<br>dates                           | Egg with seaweed<br>meat Soup  | Tofu with fish<br>soup                                       | Pork Soup with<br>Papaya and Snow<br>Fungus                    | Borscht Soup           |
| Fruit     | Fruit   |  |  |  |  |                        |
| Tea       | Corn and Chicken<br>Porridge                    | Milk<br>Steamed Buns   | Pumpkin Sago<br>Dessert  | Milk<br>Steamed Cake   | Mixed Beans<br>Sweet Congee                                    | /                      |





| 日期/項目     | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday                                |
|-----------|---|--|---|--|---|---|
| Breakfast | Water<br>Cupcake  | Water<br>Cheese sandwich   | Milk<br>Corn flakes                               | Milk<br>Boiled Egg   | Shredded chicken<br>and vegetable<br>congee                             | Cereal with egg<br>blossom and milk     |
| Lunch     | Fried beef with<br>shredded egg<br><br>Boiled chicken<br>with fuzzy melon | Boiled beef with<br>potatoes<br><br>Boiled chicken<br>with cabbage | Steamed water egg<br><br>Boiled tofu with<br>Pork | Steamed egg with<br>pork<br><br>Boiled beef with<br>vegetables | Boiled fish with<br>Chinese cabbage<br>Boiled chicken<br>with mushrooms | Chicken with<br>vegetables<br>spaghetti |
| Soup      | Tomato and potato<br>pork soup  | Pork soup with<br>winter melon                                     | Sweet corn and<br>carrot pork ribs<br>soup        | Papaya fish soup   | Apple, apricot<br>kernel dates soup                                     | Pork Corn Soup                          |
| Fruit     | Fruit   |  |   |  |   |   |
| Tea       | Milk<br>Boiled eggs   | Stewed eggs with<br>milk   | Stewed spaghetti<br>with shredded<br>chicken      | Sweet congee with<br>pelted wheat                              | Milk<br>Egg sandwich  | /                                       |





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|-----------|--|---|---|---|---|---|
| Breakfast | Cereal with egg blossom and milk                 | Shredded chicken congee with mixed vegetables     | Milk Boiled Egg   | Alfabeto with Shredded egg and meat                               | Milk Rice Krispies                                    | Milk Cupcake  |
| Lunch     | Fried egg with onion<br>Braised pork with tomato | Steamed fish with tofu<br>Braised beef with onion | Boiled pork with cucumber<br>Corned mushroom with chicken | Stewed chicken fillet with corn<br>Fried egg with shredded carrot | Steamed egg with Beef<br>Boiled chicken with potatoes | Shredded egg with mixed vegetables<br>fried fusilli |
| Soup      | Borscht Soup                                     | Seaweed meat Soup                                 | Apple, apricot kernel dates soup                          | Meat soup with winter melon                                       | Tofu with fish soup                                   | Pumpkin pork soup                                   |
| Fruit     | Fruit  |   |   |   |   |   |
| Tea       | Sweet barley dessert                             | Milk Egg sandwich                                 | Chicken shellfish spaghetti                               | Milk Raisin buns  | Spaghetti in meat soup                                | /   |





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|-----------|--|--|--|---|---|---|
| Breakfast | Milk<br>Rice Krispies  | Milk<br>Bar bun  | Chicken oatmeal  | Milk<br>Cheese finger<br>buns                     | Milk<br>Boiled eggs   | Water<br>Cupcake  |
| Lunch     | Steamed pork pie<br>with Chinese<br>water chestnut<br>Stewed beef with<br>broccoli | Fried egg with<br>onion<br>Fried beef with<br>vegetables | Boiled beef with<br>pumpkin<br>Chicken with<br>cabbage | Fried beef with<br>vegetables<br>Fried fish cakes | Boiled chicken<br>Fillet with<br>broccoli<br>Steamed pork with<br>pumpkin | Shredded egg with<br>bean sprouts<br>fried beef<br>noodles<br>Meat Porridge |
| Soup      | Pork Soup with<br>Papaya and Snow<br>Fungus  | Pork soup with<br>carrot, almond<br>and dates            | Tomato and potato<br>fish soup                         | Pork ribs soup<br>with dates                      | Carrot and fish<br>soup   | /   |
| Fruit     | Fruit  |  |  |   |   |   |
| Tea       | Chicken and<br>vegetable congee  | Sliced pork with<br>tomato Udon in<br>soup               | Milk<br>Steamed cake                                   | Alfabeto with<br>meat                             | Mixed Beans<br>Sweet Congee   | /   |

