Week I	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Oatmeal with Milk	Congee with Corn and Pork	Milk Jam sandwich	Cereal with Milk	Macaroni with Mixed vegetables and Chicken	Milk Biscuit
Lunch	Chicken Tenderloin with Cucumber	Steamed Tofu Fishcake	Steamed Egg with Pork	Chicken with Corn and Green pepper	Brown rice with Vegetables and Pork	Macaroni with Corn and Pork
Lunch	Stir fried Napa cabbage	Stir fried cabbage with chicken	Chicken with Tomato and Vegetables	Steamed minced pork with water chestnut	Fried eggs with fish	
Lunch	Soup with Seaweed, pork and egg drop	Soup with Papaya and Pork	Fuzzy Melon Soup with Pork	Soup with Carrot and Pork	Soup with Tomato, Potato and Pork	
Fruit	Apple	Orange	Apple	Dragon fruit	Apple	/
Snack (Afternoon)	Soup Conchiglioni with Tomato and Chicken	Milk Whole Wheat Raisin Bun	Congee with Vegetables and Pork	Milk Twist Bun	Sago with pumpkin	/
Snack (Evening)	Water Cake	Water Jam sandwich	Milk Whole Wheat Raisin Bun	Water Butter sandwich	Milk Cake	/

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk Corn Flakes	Soup fusilli with Egg and Pork	Milk Honey and Egg Bread	Congee with Carrot and Pork	Salty oatmeal with Vegetables and Pork	Milk Biscuit
Lunch	Fried eggs with Onion	Steamed Tofu Fishcake	Fish fillet with Mixed Vegetables	Steamed Egg with Pork	Spaghetti with Potato and Bolognese	Soup rice vermicelli with Vegetables and Pork
Lunch	Boiled Fish with Fuzzy Melon	Chicken with Potato	Stir fried Cauliflower with chicken	Boiled Pork with Cucumber	Soup with Pumpkin and Chicken	Soup rice vermicelli with Vegetables and Pork
Lunch	Soup with Corn, Carrot and Pork	Soup with Straw mushroom, Fuzzy melon and Pork	Soup with Papaya, Snow fungus and Pork	Soup with Tomato, Carrot and Pork	Soup with Pumpkin and Chicken	Soup rice vermicelli with Vegetables and Pork
Fruit	Apple	Orange	Apple	Grape	Apple	/
Snack (Afternoon)	Soup spaghetti with Mixed vegetables and Pork	Milk Jam sandwich	Soup rice vermicelli with Corn and Pork	Red Bean Soup Biscuit	Macaroni with Mixed vegetables and Pork	/
Snack (Evening)	Water Cake	Milk Honey and Egg Bread	Water Cake	Milk Jam sandwich	Water Soft Butter Bun	/

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk Corn Flakes	Milk Butter Sandwich	Congee with Corn and Fish paste	Milk Sweet Round Bun	Oatmeal with Egg and Milk	Milk Biscuit
Lunch	Fried Rice with Onion	Steamed Tofu Fishcake	Braised tofu puffs with Winter Melon and Pork	Steamed Egg Fishcake	Stewed rice with Tomato Carrot and Mushroom	Fried Rice with Chicken and Vegetables
Lunch	Mixed Vegetables with Chicken	Stir fried Cabbage with Chicken	Fried Eggs with Tomato and Corn	Chicken with Cucumber		Fried Rice with Chicken and Vegetables
Lunch	Soup with Fuzzy Melon and Pork	Soup with Chayote and Pork	Soup with Carrot and Chicken	Soup with Fuzzy Melon and Pork	Soup with Chicken and Egg	Fried Rice with Chicken and Vegetables
Fruit	Apple	Orange	Apple	Pear	Apple	/
Snack (Afternoon)	Congee with Pumpkin and Pork	Soup Conchiglioni with Tomato and Chicken	Sweet Soup with Beancurd Sheet Biscuit	Soup rice Vermicelli with Vegetables and Pork	Milk Twist Bun	/
Snack (Evening)	Water Cake	Milk Cheese Sandwich	Water Soft Butter Bun	Water Cake	Milk Jam Sandwich	/

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk Corn Flakes	Soup rice vermicelli with Pork and Carrot	Milk Jam Sandwich	Milk Twist Bun	Congee with Corn and Fish paste	Milk Biscuit
Lunch	Steamed Egg with Fishcake	Stewed Fish with Corn	Boiled Chicken with Fresh Mushrooms and Tofu	Chicken Tenderloin with Pumpkin	Spaghetti with Tomato and Chicken	Fried Rice vermicelli with Carrot and Egg
	Boiled Pork with Tofu and Shiitake Mushrooms	Stir fried Napa cabbage	Boiled Pork with Fuzzy Melon	Steamed minced pork with mushrooms		
	Soup with Pork and Papaya	Soup with Potato and Chicken	Soup with Tomato , chicken and egg drop	Soup with Carrot and Pork	Soup with Tomato, Potato and Carrot	
Fruit	Apple	Orange	Apple	Banana	Apple	/
Snack (Afternoon)	Congee with Pork and pumpkin	Milk Sweet Round Bun	Soup rice vermicelli with Vegetables and Pork	Sweet Millet Porridge	Water Cake	/
Snack (Evening)	Water Cake	Water Jam Sandwich	Milk Cake	Milk Butter Sandwich	Water Raisin Wheat Bun	/