



Week I	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Oatmeal with Milk	Congee with Corn and Pork	Milk Jam Sandwich	Milk Corn Flakes	Macaroni with Vegetables and Chicken	Milk Biscuit
Lunch	Chicken 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
	Stir fried Napa cabbage	Cabbage with chicken	Chicken with Tomato and Vegetables	Steamed minced pork with water chestnut	Fried eggs with fish	
	Soup with Seaweed, pork and egg	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)	Macaroni with Tomato and chicken	Milk Sweet Round Bun	Congee with Pork and Carrot	Milk Twist Bun	Sago with Pumpkin Biscuits	/
Dinner (Evening)	Rice with Steamed Egg and Pork	Soup rice noodles with Vegetables and Fish	Rice with Egg , Corn and Pork	Rice with Fried eggs , Fish and Tomato	Congee with Vegetables and Pork	/





Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk Corn Flakes	Soup fusilli with Egg and Pork	Milk Honey 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 Bolognese ( Pork )	Soup rice Noodles with Vegetables and Pork
	Fish with Fuzzy Melon	Chicken with Potato	Cauliflower with chicken	Pork with Cucumber	Soup with Pumpkin and Chicken	
	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		
Fruit	Apple	Orange	Apple	Grape	Apple	/
Snack (Afternoon)	Congee with Carrot and Pork	Milk Jam Sandwich	Soup rice noodles with Corn and Pork	Red Bean Soup Biscuit	Macaroni with Tomato and Pork	/
Dinner (Evening)	Rice with Steamed Egg, Vegetables and Fish	Spaghetti with Tomato and Pork	Rice with Tomato , Potato and Pork	Rice with Corn , Pork and Fuzzy Melon	Congee with Corn and Chicken	/





Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Oatmeal with Egg and Milk	Milk Jam Sandwich	Congee with Corn and Fish	Milk Sweet Round Bun	Oatmeal with Vegetables and Pork	Milk Biscuit
Lunch	Fried egg with Onion	Steamed Tofu Fishcake	Winter Melon with Tofu puffs and Pork	Steamed Egg Fishcake	Stewed rice with Tomato Carrot and Mushroom	Fried Rice with Chicken and Vegetables
	Mixed Vegetables with Chicken	Cabbage with Chicken	Fried Eggs with Tomato and Corn	Chicken with Cucumber		
	Soup with Fuzzy Melon and Pork	Soup with Chayote and Pork	Soup with Carrot and Chicken	Soup with Fuzzy Melon and Pork		
Fruit	Apple	Orange	Apple	Pear	Apple	/
Snack (Afternoon)	Congee with Pumpkin and Pork	Macaroni with Tomato and chicken	Sweet Yuba Soup Biscuit	Soup rice noodles with Vegetables and Pork	Milk Twist Bun	/
Dinner (Evening)	Rice with Fried eggs, Vegetables and Tomato	Soup rice Noodles with Vegetables and Chicken	Rice with Tomato, Potato and Pork	Rice with Corn, Chicken and Fuzzy Melon	Congee with Carrot and Pork	/





Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk Corn Flakes	Soup rice noodles with Pork and Carrot	Milk Jam Sandwich	Milk Twist Bun	Congee with Corn and Fish	Milk Biscuit
Lunch	Steamed Egg with Fishcake	Stewed Fish with Corn	Chicken with Mushrooms and Tofu	Chicken with Pumpkin	Spaghetti with Tomato and Chicken	Fried Rice Noodles with Carrot and Egg
	Pork with Tofu and Mushrooms	Napa cabbage	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		
Fruit	Apple	Orange	Apple	Banana	Apple	/
Snack (Afternoon)	Congee with Pork and pumpkin	Milk Sweet Round Bun	Soup rice noodles with Vegetables and Pork	Sweet Porridge	Water Cake	/
Dinner (Evening)	Rice with Tomato and Pork	Spaghetti with Mushrooms and Pork	Rice with Vegetables, Tomato and Pork	Rice with Vegetables , Pork and Fuzzy Melon	Congee with Pumpkin and Pork	/

