

		Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast		Milk Coco Krunch	Water Soft round roll	Water Butter roll	Milk Coco Krunch	Water Sesame cocktail bun	Milk Soft round roll
Lunch	Soup	Fuzzy melon, peanuts, black-eyed pea and pork soup	Green radish, carrot and pork ribs soup	Arrowroot, rice beans, hyacinth bean and pork ribs soup	Dried Pak Choy soup with pork and carrot	Pork soup with snowpear, carrot and snow fungus	—
	Main Course	1) Sweet corn fish fillet with rice 2) Choy Sum	1) Stir-fried eggs with tomato and sweet corn 2) Stir-fried cauliflower with pork	1) Swiss Wings 2) Simmered fuzzy melon, prawn, pork with grass noodles	1) Braised rasdish with fish balls 2) Stir-fried pork with cumumber and fungus	1) Steamed eggs with mushrooms 2) Braised chicken nuggets with eggplants	Fusilli with chicken and choy sum
	Fruits	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
Tea		Barely water Omelette with vegetables and pork	Lettuce, sweet corn and pork congee	Stir-fried spaghetti with carrot and chicken	Green and red beans soup	Lemon water Peanut Butter Pancakes	—

		Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast		Milk Coco Krunch	Water Wheat raisin bun	Milk Butter cake	Milk Coco Krunch	Water Sesame cocktail bun	Milk Butter roll
Lunch	Soup	Old cumumber, rice beans with pork soup	Tomato, potato, onion with pork soup	Papaya, peanuts, chicken feet soup	Watercress with pork soup	Pumpkin, carrot, sweet corn with pork soup	—
	Main Course	Spaghetti Bolognese with vegetables	1)Stir-fried eggs with garlic chives 2)Stir- fried chicken with carrots and green beans	1)Braised drumstick with pineapple and tamota 2)Stir-fried pak choy with pork	1)Steamed tofu with mushroom and minced fish 2)Stir-fried spinach with chicken fillet	1)Steamed eggs with minced pork and dried shrimps 2)Stir-fried shredded pork with celery, onion and carrot	Stir-fried eggs with tomato and pork fried rice
	Fruits	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
Tea		Water Steamed sweet potato	Pumpkin congee with minced pork	Stir-fried rice vermicelli with carrot, vegetable and minced pork	Beancurd and eggs sweet soup	Soy milk Steamed bun	—

		Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast		Milk Coco Krunch	Water Soft round roll	Water Butter roll	Milk Coco Krunch	Water Sesame cocktail bun	Milk Soft round roll
Lunch	Soup	Chayote, corn and carrot with pork soup	Seaweed, carrot with pork soup	Hyacinth bean, Chinese yam, mushroom with pork soup	Sprout, tomato, tofu with fish and pork soup	Lotus root, red bean with pork soup	—
	Main Course	Creamy mushroom chicken rice with vegetables	1)Stir-fried eggs with tomato and onion 2)Stir-fried cauliflower with pork	1)Braised chicken with mushroom 2)Steamed minced pork with oat and water chestnut	1)Steamed pork with tofu 2)Stir-fried pork with choy sum	1) Steamed egg with sweet corn and minced fish 2)Stir-fried shredded chicken with bell peppers	Cauliflower, sweet corn with pork fried rice
	Fruits	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
Tea		Water Steamed eggs with milk	Sweet corn congee with mushroom and pork	Shredded chicken with tomato macaroni soup	Sweet potato and yam sago sweet soup	Lemon water Jam pancake	—

		Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast		Milk Coco Krunch	Water Wheat raisin bun	Water Butter cake	Milk Coco Krunch	Water Sesame cocktail bun	Milk Sweet round roll
Lunch	Soup	Winter melon, eggs with pork soup	Carrot, tofu with fish and pork soup	Mushroom, walnuts and black beans with pork soup	Arrowroot, rice beans, hyacinth bean and pork ribs soup	Chinese herbs, snow pears, apples with pork soup	—
	Main Course	Spaghetti with braised fish fillet, tomato and vegetables	1)Stir-fried eggs with onion and sweet corn 2)Braised chicken fillet witg pumpkin	1)Chinese marinated drumstick 2)Stir-fried pork with carrot and potato	1) Braised shedded pork with tofu and mushroom 2)Stir-fried chicken fillet with zucchini	1) Steamed eggs with pork and glass noodles 2)Stir-fried shedded pork with beans	Pak choy, carrots with chicken rice vermicelli
	Fruits	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
Tea		Water Steamed rice rolls	Fuzzy melon congee with chicken	Creamy mushroom Fusilli with pork	Pumpkin sago sweet soup	Soy milk Steamed bun	—

		Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast		Milk Coco Krunch	Water Twist bun	Water Soft round bun	Milk Coco Krunch	Water Sweet round roll	Milk Soft round roll
Lunch	Soup	Papaya, snow fungus with pork soup	Apples, carrots and sweet corn with pork soup	Coconut, carrots with pork and chicken feet soup	Seedweed, tofu and sweet coren with pork ribs soup	Carrots, snow fungus, sweet corn and fig with pork soup	—
	Main Course	Stewed rice with tomato, mixed vegetables and pork	1) Braised chicken fillet with tomato and potato 2) Chinese marinated egg	1) Braised chicken fillet with pumpkin 2) Stir-fried shredded with indian lettuce	1) Braised fish with winter melon and sweet corn 2) Steamed minced cpork with mushroom	1) Steamed eggs with crab sticks and egg tofu 2) Stir-fried chicken fillet with broccoli	Mixed vegetables with chicken spaghetti soup
	Fruits	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
Tea		Water Sweet corn	Pork congee with sweet corn and mushrooms	Stewed spaghetti with chicken and tomato	Purple rice, coconut and sago sweet soup	Lemon water Butter pancake	—