

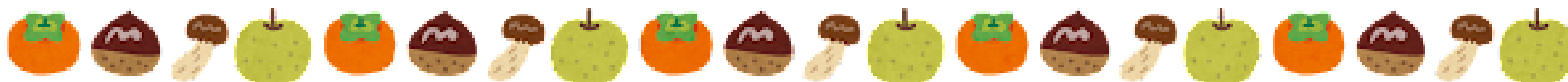


Week 1 Menu


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Soft Butter Roll Milk	Rice noodles soup with Seasonal Vegetables and Chicken	Congee with corn kernel and fish	Fusilli soup with seasonal vegetables and minced chicken	Oatmeal with milk and egg drop	Butter Sandwich Milk
Lunch	Stir-fried tomato with corn kernel and minced pork	Pumpkin carrot with minced pork	Stir-fried broccoli with garlic	Scrambled egg	Macaroni with Béchamel sauce and chicken	Rice noodles soup with seasonal vegetables and chicken
	Scrambled egg with onion	Chinese steamed egg	Straw mushroom onion with chicken	Stir-fried tomato with corn kernel and fish	Vegetables soup	
	Cauliflower soup with fish	Seasonal veggies soup with chicken	Seaweed soup with pork and egg drop	Papaya and Snow Fungus Soup with Chicken		
Fruit	Apple	Orange	Apple	Seasonal Fruit	Apple	
Tea	Noodles soup with lettuce and chicken	Jam Sandwich Ovatine	Rice noodles soup with vegetables and minced pork	Red and green bean paste Biscuits	Congee with sweet potato and egg	
Dinner	Rice with tomato and chicken	Congee with seasonal vegetables and chicken	Rice with broccoli and pork	Rice with corn kernel and chicken	Congee with cabbage and minced pork	

Every Tuesday and Thursday are "Healthy Day", Red and Brown rice are provided.

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereal with milk	Macaroni with vegetables and minced chicken	Honey egg bread Water	Shanghai noodles soup with tomato and chicken	Oatmeal with milk and pumpkin	Plain cake Water
Lunch	Cauliflower with fish Scrambled egg with mushroom Chicken soup with carrot and corn kernel	Scrambled egg with tomato and onion Steamed pork patty Green Radish Carrot Soup with pork bone	Stir fried seasonal vegetables Braised chicken wings with potato Luffa cellophane noodles soup with pork and black	Chinese steamed egg Cucumber with onion and chicken Seasonal veggies soup with pork	Chinese Fried Rice Boiled seasonal vegetables with oyster soup Seaweed soup with chicken and egg drop	Fried noodles with chicken
Fruit	Apple	Orange	Apple	Seasonal Fruit	Apple	
Tea	Congee with pumpkin and pork	Eggs and Beancurd Sweet Soup Biscuits	Noodles soup with lettuce and chicken	Sponge cake milk	Mixed bean sweet soup	
Dinner	Congee with veggies and chicken	Rice soup with tomato and pork	Rice with seasonal melon and pork	Rice with seasonal veggies and chicken	Rice with seasonal melon and pork	

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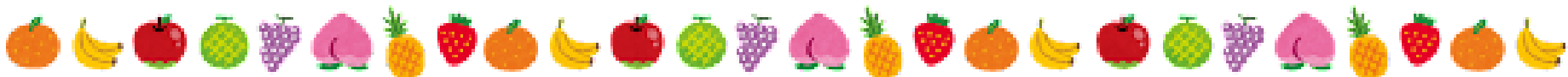




	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Bread Roll Horlick	Alfabeto soup with veggies and pork	Rice noodles soup with seasonal vegetables and egg	Congee with fish and pumpkin	Oatmeal with milk and egg drop	Jam sandwich Milk
Lunch	Chicken with potato and onion Stir fried Cabbage Seaweed soup with pork and egg drop	Chinese steamed egg Chicken with cucumber and carrot Fish soup with lettuce	Cauliflower with pork Marinated egg Green Radish Carrot Soup with Chicken	Scrambled egg Stir fried seasonal veggies with pork Tomato Tofu Soup with Chicken and Soybean Sprout	Fried sphagetti with pork Seasonal veggies soup with pork	Congee with lettuce and pork
Fruit	Apple	Orange	Apple	Seasonal Fruit	Apple	
Tea	Shanghai noodles soup with seasonal veggies and minced	Condensed Milk Sandwich Water	Papaya and Snow Fungus Sweet Soup	Rice noodles soup with corn kernel and chicken	Sweet potato sweet soup	
Dinner	Rice with potato and pork	Congee with carrot and pork	Rice with veggies and chicken	Congee with tomato and pork	Rice with veggies and pork	


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Week 4 Menu


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Rice Krispies with Milk	Macaroni with vegetables and minced chicken	Bread with butter Water	Congee with egg and minced pork	Oatmeal with corn kernel and chicken	Whole grain bread Water
Lunch	Boiled pok choy with minced chicken Chinese steamed egg Fuzzy melon fish soup	Tomato and egg stir-fried Steamed pork patty with arrowroot Luffa cellophane noodles soup with chicken	Stir fried seasonal vegetables with chicken fillet Stir-fried zucchini Tomato egg drop soup with pork	Boiled Chinese cabbage with pork Marinated Chicken Wings Pumpkin Tofu fish soup	Pineapple fried rice with minced chicken Pork Bones and Arrowroot Soup	Fried rice noodles with pork
Fruit	Apple	Orange	Apple	Seasonal Fruit	Apple	
Tea	Cheese sandwich Juice	Taro coconut milk with sago	Congee with carrot and minced fish	Steamed egg custard Biscuits	Rice noodles soup with vegetables and minced pork	
Dinner	Rice with seasonal veggies and pork	Congee with tomato and minced pork	Rice with seasonal veggies and chicken	Congee with corn kernel and pork	Rice with seasonal veggies and chicken	

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Honey egg bread Milk	Rice noodles soup with carrot and minced pork	Congee with tomato and pork	Rice noodles soup with mixed vegetables and fish	Oatmeal with milk and egg drop	Plain cake Water
Lunch	Stir-fried tomato with tofu and pork Scrambled egg Seasonal veggies fish soup	Chinese steamed egg Cauliflower with corn kernel and chicken Fuzzy melon cellophane noodles soup with pork and straw mushroom	Stewed spinach with cream and mushroom Steamed pork patty Seaweed soup with pork and egg drop	Scrambled egg with carrot Stir fried Chinese cabbage with pork Papaya Tofu fish soup	Fusilli with pumpkin bell pepper and minced pork Coconut chicken soup with carrot	Rice with corn kernel egg drop and fish
Fruit	Apple	Orange	Apple	Seasonal Fruit	Apple	
Tea	Congee with pumpkin and lily bulbs	Chocolate sponge cake Orange juice	Chinese fried thin pancake Soy Milk	Congee with black eyed bean corn kernel and chicken	Rice noodles soup with seasonal vegetables and chicken	
Dinner	Rice with fish tomato and stir-fried egg	Rice with seasonal veggies and chicken	Congee with carrot mushrooms and pork	Rice with seasonal veggies tofu and chicken	Rice with pumpkin and pork	

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Boiled egg Milk	Foxtail millet congee with corn kurnel and minced	Conchiglie with pumpkin and minced chickcen	Shanghai noodles soup with tomato and minced pork	Raisin wheat bread Horlick	Jam sandwich Milk
Lunch	Sugar snap pea with onion and Steamed pork patty fresh mushrooms Tofu soup with lettuce and fish	Marinated egg Braised chicken wings with pumpkin Tomato soup with pork and mixed vegetables	Stir-fried choy sum with garlic Fuzzy melon with beancurd puff and fish Yam and pork soup with wolfberry	Cauliflower with chicken Chinese steamed egg with dried scallop Seaweed soup with pork, egg drop and mixed vegetables	Fried rice noodles with shredded carrot and pork Congee with cabbage and chicken	Shanghai noodles soup with tomato and minced chicken
Fruit	Apple	Orange	Apple	Seasonal Fruit	Apple	
Tea	Rice noodles with tomato, pea and chicken	Peanut butter sandwich Milk	Congee with straw mushroom and pork	Sweet soup with snow fungus and pears Biscuit	Noodles soup with seasonal veggies and chicken	
Dinner	Meat patty rice with seasonal veggies	Rice with tomato and pork	Meat patty rice with seasonal veggies and	Congee with cauliflower, chicken and frozen	Rice with carrot, corn kurnel and chicken	

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