

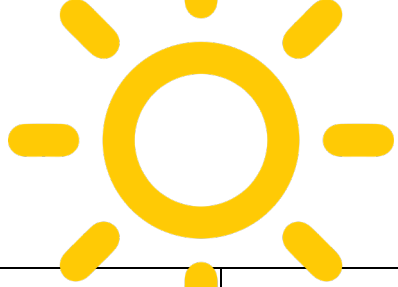
Menu 1



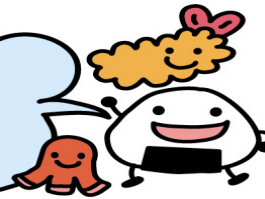
12/2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Egg noodles soup with lettuce and fish fillets	Macaroni soup with corns and pork	Boiled egg Milk	Rice noodles soup with cabbage and chicken	Udon soup with pork dumplings	Cornflakes Milk
Lunch	Seaweed Cellophane noodles tofu soup Steamed chicken with black fungus Stir-fried lettuce Brown rice	Steamed chicken with pumpkin Stir-fried cauliflower Rice with corn	Vegetable soup (tomatoes, onions, cabbages, potatoes and beans) Braised penne pasta with corns, beef and cabbage	Pork with hairy gourd Stir-fried lettuce Red rice	Peanuts black-eyed peas pork soup Steamed eggs with spring onions Stir-fried Choy Sum with beef White rice	Rice noodles soup with cabbage and chicken
Fruit	Apple/banana/grapes/dragon fruit/cherry tomato/orange/pear/papaya/ cantaloupe					/
Afternoon Tea	Oatmeal with egg drop in milk	Peanut buttered sandwich Milk	Congee with shiitake mushrooms and chicken	Cheese sandwich Milk/Water	Raisin bun Milk	/

Parents are advised to pay attention that the contents of the menu will be adjusted due to market availability without prior notice.



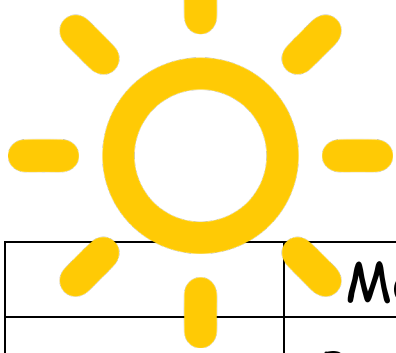
Menu 2




	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Alphabet pasta soup with tomato and beef	Peanut buttered sandwich Milk	Egg noodles soup with pork and cabbage	Rice noodles soup with assorted vegetables and fish fillets	Butter sandwich Milk	Cornflakes Milk
Lunch	Hairy gourd cellophane noodles pork soup Steamed chicken with shiitake mushrooms Stir-fried cauliflower Brown rice	Steamed pork with potatoes Broiled Choy Sum Rice with pumpkin	Pumpkin corn pork soup Braised rice with tomatoes, chicken and assorted vegetables	Steamed ground pork with oat and corns Stir-fried romaine Red rice	Apricot kernels snow fungus carrot pork soup Steamed fish with tofu Stir-fried Shanghai Pak Choy White rice	Spaghetti soup with cabbage and pork
Fruit	Apple/banana/grapes/dragon fruit/cherry tomato/orange/pear/papaya/ cantaloupe					/
Afternoon Tea	Blueberry jam bread Milk	Soba noodles soup with corn and chicken	Tuna sandwich Milk	Wheat bread Milk	Congee with dried cabbage and beef	/

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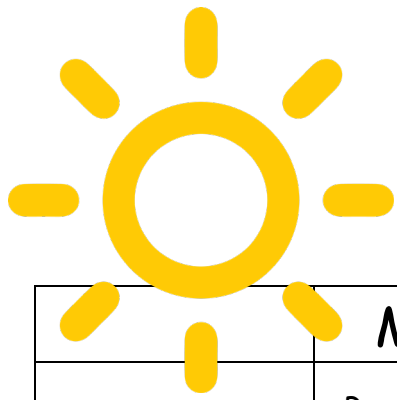
Menu 3





	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Fettuccine soup with corn and chicken	Spaghetti soup with assorted vegetables and fish fillets	Soba noodles soup with beef and lettuce	Udon soup with chicken and baby cabbage	Boiled egg Milk	Cereal (Honey stars) Milk
Lunch	Apple snow pear pork soup Steamed pork with eggplants Stir-fried Pak Choy Brown rice	Chicken with onions Stir-fried lettuce with dried tofu Rice with pumpkin	Fresh and dried cabbage, apricot kernels pork soup Yangzhou fried rice (shredded lettuce, egg and pork)	Steamed pork with taro Stir-fried cauliflower Red rice	Lotus root green beans pork soup Fried pork with tomatoes Stir-fried Shanghai Pak Choy White rice	Rice fried with Chinese cabbage, egg and minced pork
Fruit	Apple/banana/grapes/dragon fruit/cherry tomato/orange/pear/papaya/ cantaloupe					/
Afternoon Tea	Egg salad sandwich Milk	Oatmeal with egg drop in milk	Raisin bun Milk	Strawberry jam bread Milk	Congee with beef and lettuce	/

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Menu 4




	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Penne pasta soup with carrots and fish fillets	Blueberry jam bread Milk	Egg noodles soup with pork and spinach	Conchiglie soup with lettuce and chicken	Noodles soup with assorted vegetables and beef	Cereal (Honey stars) Milk
Lunch	Papaya snow fungus pork soup Steamed chicken with yam bean Stir-fried baby cabbage Brown rice	Steamed pork with potatoes Stir-fried Choy Sum Rice with corn	Congee with beef and ginkgo Rice noodles with cabbage and pork	Braised beef with onions and tomatoes Stir-fried cucumber Red rice	Corns chestnuts carrots pork soup Steamed eggs with spring onions Stir-fried pork with hairy gourd White rice	Rice noodles soup with Pak Choy, egg and pork
Fruit	Apple/banana/grapes/dragon fruit/cherry tomato/orange/pear/papaya/ cantaloupe					/
Afternoon Tea	Oatmeal with egg drop in milk	Congee with mixed grains	Pancake Milk	Wheat bread Milk	Avocado salad sandwich Milk	

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