







W-1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk Corn Flakes	Mixed Vegetables & Pork with Shell Pasta in soup	Milk Sweet Buns	Milk Coco Pops	Choy Sum & Minced Pork with Vermicelli in soup	
Lunch	1.Zucchini & Black Fungus 2.Napa Cabbages in Clear Broth 3.Pumpkin Soup Fruits: Pear	1.Steamed Chinese Mushrooms & Tofu 2.Blanched Spinach 3.Green Raddish, Carrot & Pork Soup Fruits: Orange	1.Steamed Eggs with Noodlefish 2.Blanched Chinese Kale 3.Tomato, Carrot & Pork Soup Fruits: Grapes	1.Daigon Raddish & Fish Cakes 2.Fuzzy Gourd & Glass Noodles 3.Corn, Beef & Egg Drop Soup Fruits : Apple	1.Stir-Fried Tomato & Eggs 2.Brocolli & Pork 3.Luffa Melons & Spare Ribs Soup Fruits : Papaya	TBD
Afternoon Snacks	Pumpkin & Peanuts Congee	Choy Sum & Chicken with Flat Noodles in soup	Boiled Sweet Potatoes	Mixed Vegetables & Pork with Shell Pasta in soup	Lettuce & Minced Beef Congee	
Extended Hours Snacks	Soybean Milk Crackers	Milk Corn Flakes	Milk Bread	Water Cakes	Milk Coco Pops	









W-2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk Crackers	Corn & Minced Pork with Vermicelli in soup	Soy Milk Bread Rolls	Milk Sweet Buns	Chinese Mushrooms & Chicken with Spaghetti in soup	
Lunch	1.Assorted Mushrooms & Tofu 2.Blached Romaine Lettuce 3.Tomato & Potato Soup Fruits: Tangerine	1.Soy Sauce Chicken Wings 2.Cauliflower & Pork 3.Watercress & Pork Soup Fruits : Apple	1.Steamed Fish Fillet & Chinese Mushrooms 2.Baby Cabbages in Clear Broth 3.Apple, Snow Fungus & Pork Soup Fruits: Banana	1.Mixed Vegetables & Potatoes 2.Choy Sum & Pork 3.Arrowroot & Spare Ribs Soup Fruits : Dragon Fruit	1.Minced Beef Omelet 2.Shanghai Bokchoy & Fish 3.Fuzzy Gourd & Diced Pork Soup Fruits: Orange	TBD
Afternoon Snacks Extended	Milk Steamed Pumpkin Milk	Sugar Cane & Imperatae Water Cakes Soybean Milk	Beancurd Sheet & Eggs Sweet Soup Crackers Water	Tomatoes & Chicken with Rotini in soup Milk	Pork Dumplings Milk	
Hours Snacks	Corn Flakes	Cakes	Bread	Bread	Crackers	









W-3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk Coco Pops	Green Peas & Chicken with Vermicelli in soup	Milk Bread Rolls	Soy Milk Sweet Buns	Egg Drops & Tomato with Alphabet Pasta in soup	
Lunch	1.Fuzzy Gourd & Glass Noodles 2.Blanched Choy Sum 3.Seaweed & Tofu Soup Fruits : Apple	1.Steamed Pork Patty with Water Chestnuts & Oatmeal 2.Bean Sprouts & Tofu Puffs 3.Lotus Root,Octopus & Spare Ribs Soup Fruits: Orange	1.Cucumber & Beef 2.Blached Napa Cabbage 3.Carrot, Snow Fungus & Pork Soup Fruits: Dragon Fruit	1.Soy Sauce Chicken Wings 2.Shanghai Bokchoy & Pork 3.Corn & Chestnut Soup Fruits: Honeydew Melon	1.Mixed Vegetables & Chicken 2.Blanched Broccoli 3.Chyote & Pork Soup Fruits : Apple	TBD
Afternoon Snacks	Tomato with Shell Pasta in soup	Red Bean Sweet Soup Crackers	Preserved Egg & Pork Congee	Lettuce & Pork with Shanghai Noodles in Soup	Lemon Water Steamed Bun	
Extended Hours Snacks	Water Crackers	Milk Corn Flakes	Soybean Milk Bread	Milk Bread	Lemon Water Bread	









W-4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk Crackers	Mixed Vegetables & Pork with Macaroni in Soup	Soy Milk Sweet Buns	Milk Coco Pops	Pork Dumplings	
Lunch	1.Peas & Tofu 2.Chestnuts & Potatoes 3.Tomato & Cabbage Soup Fruits : Apple	1.Fish Fillet in Corn Sauce 2.Cucumber & Beef 3.Dried Vegetables, Bokchoy & Spare Ribs Soup Fruits: Orange	1,Mixed Vegetables & Eggs 2.Blanched Broccoli 3.Arrowroot & Pork Soup Fruits: Grapes	1.Chayote Squash, Black Fungus & Chicken 2.Baby Cabbage in Clear Broth 3.Seaweed & Tofu Soup Fruits: Pear	1.Tofu Puffs, Daikon Radish & Fish 2.Spinach & Chicken 3.Watercress & Pork Soup Fruits: Tangerine	TBD
Afternoon Snacks	Lettuce & Egg Drop Congee	Milk Cakes	Cabbage & Pork with Shanghai Noodles in soup	Eight Treasure Sweet Soup	Mixed Vegetables with Vermicelli in soup	
Extended Hours Snacks	Milk Coco Pops	Water Cakes	Water Bread	Soybean Milk Crackers	Milk Corn Flakes	









W-5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk Coco Pops	Egg Drops & Minced Pork with Shanghai Noodles in soup	Milk Sweet Buns	Soy Milk Bread Rolls	Lettuce & Chicken with Alphabet Pasta in soup	
Lunch	1.Zucchini & Black Fungus 2.Blanched Choy Sum 3.Corn & Egg Drops Soup Fruits: Orange	1.Steamed Fish & Chinese Mushrooms 2.Blanched Broccoli 3.Lotus Root, Octopus & Spare Ribs Soup Fruits: Apple	1.Steamed Pork Patty with Water Chestnuts 2.Fuzzy Gourd, Beancurd Sheet & Pork 3.Papaya & Spare Ribs Soup Fruits: Banana	1.Steamed Pumpkin 2.Cauliflower & Pork 3.Green Raddish, Carrot & Pork Soup Fruits: Dragon Fruit	1.Soy Sauce Chicken Wings 2.Blanched Romaine Lettuce 3.Fuzzy Gourd & Diced Pork Soup Fruits: Honeydew Melon	TBD
Afternoon Snacks	Milk Boiled Corn	Carrot & Beef Congee	Choy Sum & Chicken with Vermicelli in soup	Beancurd Sheet & Eggs Sweet Soup Crackers	Mixed Vegetables & Beef with Spaghetti in soup	
Extended Hours Snacks	Soybean Milk Crackers	Milk Cakes	Water Bread	Milk Bread	Water Cakes	