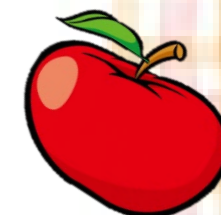
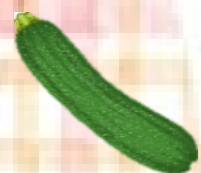
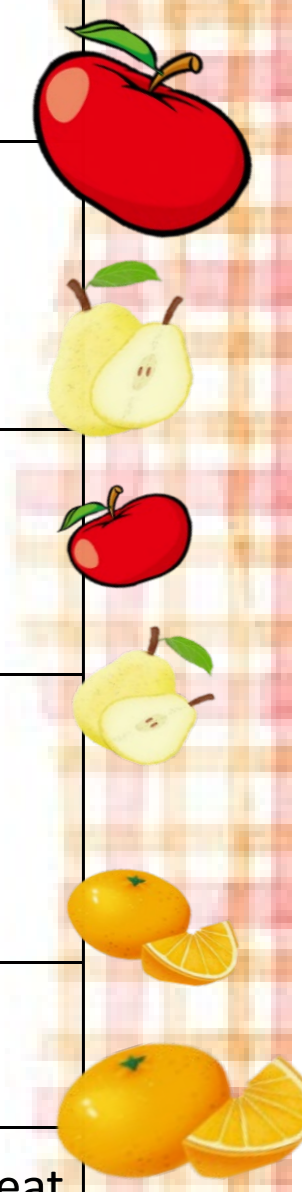


Week 1	Breakfast	Lunch	Fruit	Snack	Extended Hours
Monday	Fusilli with corns and meat	Boiled lean meat with cabbage Stir-fried okra with eggs Lean meat soup with chestnut and carrots	apples	Steamed cake and barley water	Cake and water
Tuesday	Conchiglioni with tomatoes and eggs	Fried courgetti with chicken boiled tomatoes with eggs *red rice Fish tail soup with octopus and white fungus	Pears	Rice noodles with seasonal vegetables and beef	Wheat bun and water
Wednesday	Jam sandwich and milk	Boiled lean meat with Zucchini Steamed water eggs *red rice pork soup with white fungus and corns	Apples	macaroni with tomatoes and minced meat	Cake and water
Thursday	Alfabeto with corns and meat	Fried cabbage Boiled tofu with minced meat Lean meat soup with potatoes and mussels	Pears	Egg noodles with lettuce and lean meat	Bread and water
Friday	Macaroni with eggs and meat	Spaghetti Bolognese pork soup with apples and carrots	Apples	Red rice porridge with Zucchini and lean meat	Cake and water
Saturday	Fusilli with vegetables and lean meat	Chinese cabbage with rice noodles in soup	Apples	/	Chinese cabbage and meat lean Shanghai noodles



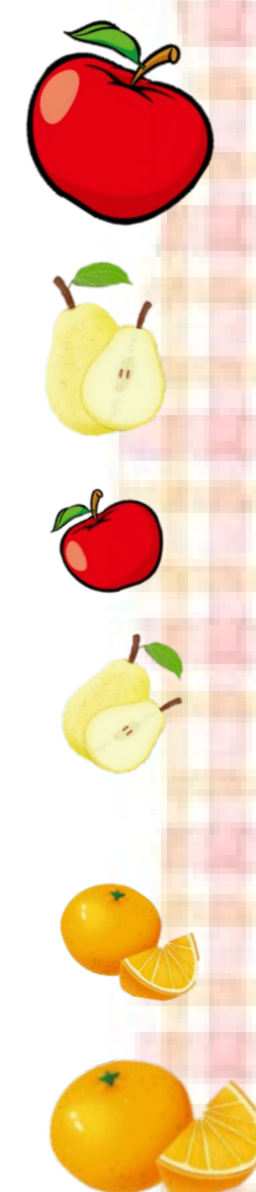
Week 2	Breakfast	Lunch	Fruit	Snack	Extended Hours
Monday	Alfabeto with eggs and meat	Steamed water eggs with minced meat Boiled chicken with Chinese cabbage Pork soup with lotus root and Zucchi	Apples	Mashed potatoes with corns Sugarcane and carrot drink with water chestnut	Cake and water
Tuesday	Conchiglioni with meat and eggs	Steamed lean meat with sugarcane Fried cabbage *red rice Lean meat soup with pumpkins and corns	Pears	Fusilli with lettuce and beef	Wheat bun and water
Wednesday	Cheese sandwich and milk	Boiled chicken with cauliflower Steamed tofu with minced meat Pork soup with tomatoes and potatoes	Apples	Rice noodles with seasonal vegetables and lean meat	Cake and water
Thursday	Rice noodles with broccoli and meat	Boiled lean meat with seasonal vegetables Boiled corns with fish fillet *Red rice Pork soup with chayote and white fungus	Pears	Chicken congee with tomatoes	Bread and water
Friday	Macaroni with Zucchi and meat	lean meat Risotto with tomatoes and eggs Pork soup with carrots and Green Radish	Oranges	Spinach Noodles with corns and chicken	Cake and water
Saturday	Fusilli with vegetables and lean meat	Egg noodles with Zucchi and lean meat	Oranges		Chinese cabbage and meat lean Shanghai noodles



Week 3	Breakfast	Lunch	Fruit	Snack	Extended Hours
Monday	Cornflakes in milk	Fried eggs with corns Boiled chicken with broccoli *red rice Lean meat soup with pumpkin red beans	Apples	rice noodles with Chinese cabbage and fish	Cake and water
Tuesday	Steamed bun and water	Vegetables potatoes patties Fried lean meat with seasonal vegetables Pork soup with carrot and corns	Pears	Four-color bean sweetened porridge (red beans, red kidney beans, Black-Eyed Pea, Rice bean)	Wheat bun and water
Wednesday	Bread and milk	Boiled pumpkins with minced meat Fried baby Chinese cabbage with eggs Fish tail soup with tofu and tomatoes	Apples	macaroni with tomatoes and minced meat	Cake and water
Thursday	Alfabeto with corns and meat	Chinese flowering cabbage with fried beef Steamed water eggs *red rice Pork soup with carrot, Chayote and octopus	Pears	Egg noodles with Zucchini and lean meat	Bread and water
Friday	Wheat bun and milk	Fusilli with tomato Bolognese Fish tail soup with papaya and white fungus	Oranges	Steamed cake and barley water	Cake and water
Saturday	Macaroni with vegetables and meat	Chinese cabbage and beef lean Shanghai noodles	Apples		Chinese cabbage and meat lean Shanghai noodles



Week 4	Breakfast	Lunch	Fruit	Snack	Extended Hours
Monday	cornflakes in milk	Fried Chinese cabbage Potatoes with minced meat Lean meat soup with corns, chestnut and carrots	Apples	Chinese cabbage and beef lean Shanghai noodles	Cake and water
Tuesday	Jam sandwich and water	Boiled cabbage with corns Boiled fish fillets with tomatoes pork soup with pears and sugarcane	Pears	Egg noodles with Zucchini and lean meat	Wheat bun and water
Wednesday	steamed bun and water	Boiled chicken with Zucchini Steamed water eggs with tofu *red rice Lean meat soup with tomatoes and potatoes	Apples	Boiled sweet potatoes Sugarcane and carrot drink with water chestnut	Cake and water
Thursday	Conchiglioni with tomatoes and eggs	Boiled winter mushroom with winter melon Boiled lean meat with cabbage Pork soup with Lily Bulb, Chinese yam and pears	Pears	Rice noodles with lettuce and lean meat	Bread and water
Friday	egg and milk	fish tail soup with papaya and white fungus	Apples	Red rice porridge with corns and chicken	Cake and water
Saturday	Fusilli with vegetables and lean meat	Lettuce and lean meat with pho in soup	Apples	/	Chinese cabbage and meat lean Shanghai noodles



Week 5	Breakfast	Lunch	Fruit	Snack	Extended Hours
Monday	Cornflakes in milk	Boiled minced meat with Chinese cabbage Boiled chicken with corns Borscht	Apples	corns and chicken with rice noodles in soup	Cake and water
Tuesday	steamed bun and water	Boiled chicken with broccoli Steamed water eggs *red rice Lean meat soup with sea coconuts, white radish and corns	Pears	Jam sandwich Pear and apple drink	Wheat bun and water
Wednesday	bread and milk	Boiled tofu and minced meat Fried cabbage black-eyed peas soup with Zucchini and octopus	Apples	pumpkins lean meat red rice porridge	Cake and water
Thursday	Alfabeto with corns and meat	Boiled pumpkins with fish fillet Fried baby Chinese Cabbage with beef *red rice Pork soup with chayote and white fungus	Pears	tomatoes and beef with rice noodles in soup	Bread and water
Friday	wheat bread and milk	Spaghetti Bolognese Pork soup with carrots and Green Radish	Apples	Egg noodles with lean meat and vegetables	Cake and water
Saturday	Macaroni with vegetables and meat	Shanghai noodles with cabbage and lean meat	Apples		Chinese cabbage and meat lean Shanghai noodles

