



Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereal with milk	Water Bread	Milk Steamed bun	Water Bread with raisins	Chicken oatmeal	Pork oatmeal
Lunch	Fried mixed vegetable	Fried pasta with tomatoes and chicken	Beef with vegetables	Fried rice with egg, cabbage and chicken	Steamed pork with black fungus	Pasta with beef and corns
	Steamed egg with glass noodles		Steamed ground pork with oat		Pumpkins, corns and fish	
	Fruits	Fruits	Fruits	Fruits	Fruits	
Tea time	Jam sandwich Water	Pork congee with corns	Water Biscuits	Pasta with tomatoes and beef	Milk Steamed cake	
Dinner	Macaroni with tomatoes and corns	Oatmeal with beef and eggs	Pasta with chicken	Macaroni with pork and vegetables	Rice noodle with tomatoes and pork	


Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Water Raisin bread	Milk Boiled eggs	Pork oatmeal	Water Bread	Cereal with milk	Water Sesame breads
Lunch	Fried eggs with tomatoes	Fried noodles with chicken and sprouts	Steamed tofu with beef	Fried rice with chicken and spinach	Fried chicken with Zucchini	Fried rice with beef and carrots
	Tofu with corns and cucumbers		Chicken with vegetables and black fungus		Beef with vegetables	
	Fruits	Fruits	Fruits	Fruits	Fruits	
Tea time	Milk Biscuits	Congee with pork and dried vegetables	Pork pasta	Fish congee	Fried macaroni with pork and mixed vegetables	
Dinner	Pasta with mixed vegetables	Water Raisin bread	Beef macaroni	Milk Egg sandwich	Pork oatmeal	


Menu 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Oatmeal with egg and milk	Water Sesame bread	Beef oatmeal	Cereal with milk	Water Bread	Chicken oatmeal
Lunch	Pasta with tomatoes, corns and mushrooms	Steamed chicken with black fungus	Fried eggs with chicken	Fried rice with beef and carrots	Steamed eggs with pork	Pasta with beef and tomatoes
		Fish with tomatoes	Beef with pumpkins		Beef with Zucchini	
	Fruits	Fruits	Fruits	Fruits	Fruits	
Tea time	Congee with pumpkins and peanut	Boiled corns	Milk Peanut butter sandwich	Fried pasta with vegetables and chicken	Milk Biscuits	
Dinner	Milk Peanut butter roll	Pork pasta	Beef oatmeal	Water Raisin bread	Pasta with chicken	

Menu 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Water Bread	Cereal with milk	Water Sesame bread	Oatmeal with egg and milk	Milk Boiled eggs	Milk
Lunch	Fried rice with tomatoes, vegetables and corns	Steamed egg with pork	Pasta with chicken and cabbage	Fried fish with corns	Steamed tofu with beef	Macaroni soup with chicken and vegetables
		Beef with spinach		Beef with vegetables	Chicken with black fungus	
	Fruits	Fruits	Fruits	Fruits	Fruits	
Tea time	Milk Biscuits	Fried pasta with fish and vegetables	Congee with pork and pumpkins	Water Peanut sandwiches	Pork pasta	
Dinner	Water Peanut sandwiches	Beef macaroni	Beef oatmeal	Pork pasta	Pasta with chicken and corns	

Menu 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereal with milk	Pork oatmeal	Water Raisin bread	Chicken oatmeal	Water Sesame bread	Milk Bread
Lunch	Steamed eggs with glass noodles	Fried rice with eggs, pork and vegetables	Fried eggs with tomatoes	Fried pasta with beef and cabbage	Fried corns with chicken	Fried rice with pork and vegetables
	Fried cabbage		Beef with lettuce		Beef with vegetables	
	Fruits	Fruits	Fruits	Fruits	Fruits	
Tea time	Boiled sweet potatoes	Milk Jam sandwich	Rice noodle with cabbage and fish	Pork congee	Water Biscuit	
Dinner	Water Jam sandwiches	Beef macaroni	Pork oatmeal	Rice noodle soup with beef	Macaroni with pork	