


## Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereal with milk	Milk Boiled eggs	Chicken oatmeal	Water Sesame bread	Water Bread	Milk
Lunch	Fried eggs with chicken	Beef with vegetables	Fried pasta with beef and cabbage	Fried rice with egg, cabbage, and chicken	Steamed pork with black fungus	Pasta with beef and corns
	Fried fish with corns	Steamed Pork Patty with oat			Pumpkin, Corns and Fish	
	Ching Po Leung Herbal Meat Soup	Carrots, Fish Mash and Tofu Soup			Mixed vegetable Soup	
Tea time	Water Boiled sweet potatoes	Water Steamed Cake	Milk Egg sandwich	Pork congee	Fried pasta with vegetables and chicken	
	Fruits	Fruits	Fruits	Fruits	Fruits	
Dinner	Beef Pasta	Beef macaroni	Corns and Chicken Pasta	Water Peanut butter sandwich	Pork pasta	

## Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereal with milk	Pork oatmeal	Milk Steamed bun	Corns congee	Water Bread with raisins	Water Bread
Lunch	Fried Fish with corns	Fried pasta with tomatoes and chicken	Steamed tofu with Beef	Fried Rice with spinach and chicken	Fried chicken with green zucchini	Fried Rice with beef and carrots
	Beef with Pumpkins		Chicken with vegetables and black fungus		Beef with vegetables	
	Polygonatum, Lily Bulbs, Snow Fungus and Chicken Soup	Fuzzy Melon, Mung Beans and Pork Rib Soup	Tomato, Potato and Meat Soup	Papaya, Snow Fungus and Lean Meat Soup	Spinach and Fish Mash Soup	
Tea time	Water Peanut butter sandwich	Congee with pumpkins and peanut	Water Boiled corns	Fried pasta with fish and vegetables	Milk Biscuits	
	Fruits	Fruits	Fruits	Fruits	Fruits	
Dinner	Oatmeal with Beef and Egg	Mixed Vegetable pasta	Water Jam sandwich	Water Bread with raisins	Tomatoes and Corns Macaroni	


## Menu 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereal with Milk	Pork Congee	Milk Oatmeal with Egg	Chicken Pasta	Water Bread	Milk
Lunch	Steamed chicken with black fungus	Pasta with tomatoes, corns, mushrooms and chicken	Fish with tomatoes	Fried Rice with broccoli, corns, and beef	Steamed tofu with beef	Pasta with tomatoes and beef
	Fried mixed vegetable		Steamed egg with glass noodles		Chicken with green zucchini	
	Corns and Beef Soup	Carrot, Potato and Onion Soup	Fuzzy Melon, Soybean, and Meat Soup	Chayote and Meat Soup	Ching Po Leung Herbal Meat Soup	
Tea time	Pork pasta	Milk Peanut butter sandwich	Fried macaroni with mixed vegetables and pork	Water Jam sandwich	Congee with fish and corns	
	Fruits	Fruits	Fruits	Fruits	Fruits	
Dinner	Tomatoes and Beef Pasta	Beef Rice Noodle in Soup	Chicken Pasta	Beef Macaroni	Fried Macaroni with Pork and Mixed Vegetables	

## Menu 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Cereal with milk	Water Bread	Milk Boiled eggs	Chicken oatmeal	Milk Sesame bread	Water Sesame bread
<b>Lunch</b>	Steamed egg with pork	Steamed egg with pork	Pasta with Cabbage and Chicken	Fried Rice with tomatoes, vegetables, and beef	Steamed egg with glass noodles	Pasta with Cabbage and Chicken
	Beef with spinach	Fried Cabbage			Beef with fuzzy melon	
	Polygonatum, Lily Bulbs, Snow Fungus and Chicken Soup	Tofu and Fish mash soup	Tomato, Potato and Meat Soup	Pumpkin, Corns and Minced Meat Soup	Spinach and Fish Mash Soup	
<b>Tea time</b>	Water Peanut butter sandwich	Tomatoes and chicken pasta	Fish and vegetable rice noodle in soup	Pork Congee	Water Boiled sweet potatoes	
	Fruits	Fruits	Fruits	Fruits	Fruits	
<b>Dinner</b>	Tomato and Minced Meat Rice Noodle in Soup	Milk Egg sandwich	Beef oatmeal	Water Bread with raisins	Pork oatmeal	

## Menu 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereal with Milk	Water Bread with raisins	Pork pasta	Beef oatmeal	Water Peanut butter sandwich	Milk
Lunch	Fried fish with corns	Fried Noodles with Chicken and Sprouts	Fried eggs with tomatoes	Fried Rice with eggs, pork, and vegetables	Chicken with Fried Corns	Fried Rice with Spinach and Pork
	Beef with vegetables		Chicken with lettuce		Beef with vegetables	
	Burdock Root and Meat Soup	Congee with pork and dried vegetables	Carrot, Corns and Meat Soup		Papaya, Snow Fungus and Chicken Soup	
Tea time	Water Jam sandwich	Pumpkin and Beef Macaroni in Soup	Milk Biscuits	Congee with Spinach and Fish Mash	Congee with Pork and Corns	
	Fruits	Fruits	Fruits	Fruits	Fruits	
Dinner	Pork Macaroni	Water Bread with Raisins	Pasta with chicken	Milk Peanut butter roll	Pork oatmeal	