



# EARLY YEARS LUNCH MENU



Date	2024/05/06	2024/05/07	2024/05/08	2024/05/09	2024/05/10
Morning snack	Meat Bun / Milk / Dragon Fruit Allergy: Pumpkin	Vegetable Bun / Milk / Banana Allergy : Steamed Carrot	Breakfast Cake / Milk / Apple Allergy : Steamed Corn	Meat Floss Bread / Milk / Honey Melon Allergy :Steamed Sweet Potato	Siu Mai / Milk / Blueberry, Cherry Tomato Allergy :Steamed Purple Potato
Lunch	Shrimp and Tofu Mix Allergy : Chicken with Spring Onion	Grilled Sausage Allergy : Stir-fried Duck	Duck Breast with Five Spice Sauce Allergy : Fried Egg with Spring Onion	Pan-fried Beef Patties Allergy :Pan-fried Duck Breast	Stir-fried Three-color Shrimp (Corn, Green Pea , Carrot) Allergy :Stir-fried Chicken
	Stir-fried Beef with Mushroom Allergy : Bell Pepper with Pork	Curry Chicken Allergy : Tri-color Shrimp (Corn, Green Pea , Carrot)	Tomato Fish Stew Allergy : Bell Pepper with Pork	Fried Fish Allergy : Mushroom with Chicken	Scrambled Eggs with Tomato Allergy :Mushroom with Pork
Vegetable 1	Sauteed Water Spinach	Sauteed Celery with Corn	Sauteed Spinach Allergy : Stir-fried Carrot	Sauteed Celery	Chinese Green and Mushrooms Mix
Vegetable 2	Chinese Green	Cantonese Choy Sum	Sauteed Celery with Tofu Allergy : Stir-fried Shanghai Green	Carrot & Cauliflower	Braised Radish
Starch	Rice	Fried Pasta with Green Beans and Bacon Allergy : Pasta/Rice	Black Rice	Hamburger Allergy : Rice	Fried Rice Noodles Allergy :Rice
Sides	Fruit				
Afternoon snack	Chocolate Cake / Pear/Yogurt Allergy : Sweet Potato Puree	Purple Rice Pumpkin Porridge/Orange	Custard Bun / Melon /Yogurt Allergy : Purple Potato Puree	Red Bean Barley Soup / Orange	Black Rice Cake / Banana /Yogurt Allergy :Vegetable Roll/Potato Puree
			Nutritional readings over the week		Milk Allergy: Apple Juice/Soy Milk
			Red meat: 17%	Vegetables: 28%	
			White meat / lean protein: 25%	Starch: 30%	
			Fried: 0%		



# EARLY YEARS LUNCH MENU



Date	2024/05/13	2024/05/14	2024/05/15	2024/05/16	2024/05/17
Morning snack	Meat Bun / Milk / Banana Allergy : Steamed Sweet Potato	Croissant / Milk / Honey Melon Allergy : Steamed Carrot	Bacon Roll / Milk / Blueberry, Cherry Tomato Allergy : Steamed Pumpkin	Vegetable Bun / Milk / Banana Allergy : Steamed Purple Potato	Multigrain Pack / Milk / Dragon Fruit Allergies: Steamed Corn
Lunch	Sweet and Sour Chicken Allergy : Stir-fried Carrot with Pork	Curry Beef Allergy : Bell Pepper with Chicken	Braised Chicken Allergy : Fried Egg with Spring Onion	BBQ Pork Allergy : Mushroom with Chicken	Five Spice Sauce Duck Allergies: Steamed Egg
	Scrambled Eggs with Cucumber and Black Fungus Allergy : Stir-fried Duck Breast	Pan-fried Fish Fillet Allergy : Celery with Pork	Braised Tofu with Shrimp Allergy : Stir-fried Duck	Beef Sauce Allergy : Steamed Fish	Steamed Egg with Minced Pork Allergies: Stir-fried Beef with Celery
Vegetable 1	Braised Radish	Mixed Vegetables (Corn, Green Pea , Carrot)	Sauteed Lettuce	Sauteed Asparagus Lettuce with Broccoli	Amaranthus
Vegetable 2	Sauteed Spinach Allergy : Stir-fried Shanghai Green	Stewed Vegetable (Potato,Carrot,Celery,Onion,Eggplant ,zucchini) Allergy : Carrot	Cabbage with Fried Tofu Allergy : Stir-fried Celery	Sauteed Hang cabbage	Cantonese Choy Sum with Fungus
Starch	Rice	Chips / Rice Allergy : Rice	Millet Rice	Spaghetti Allergy : Rice	Rice
Sides	Fruit				
Afternoon snack	Cheese Bread / Orange/Yogurt Allergy : Steamed Corn	Purple Rice Sweet Potato Porridge/ Apple	Black Rice Cake / Melon /Yogurt Allergy : Soda Biscuits/Sweet Potato Puree	Sweet Longan Lily Soup / Pear	Pumpkin Honey Cake / Cucumber , Carrot / Yogurt
			Nutritional readings over the week		Milk Allergy: Apple Juice/Soy Milk
			Red meat: 16%	Vegetables 27%	
			White meat / lean protein: 27%	Starch: 30%	
			Fried: 1%		



# EARLY YEARS LUNCH MENU



Date	2024/05/20	2024/05/21	2024/05/22	2024/05/23	2024/05/24
Morning snack	Siu Mai / Milk / Banana Allergy : Steamed Bun/ Steamed Carrot	Meat Bun / Milk / Blueberry, Cherry Tomato Allergy : Steamed Purple Potato	Meat Floss Bread / Milk / Honey Melon Allergy : Steamed Yam	Scallion Sauce Roll / Milk / Dragon Fruit Allergy : Steamed Sweet Potato	Vegetable Bun / Milk / Banana Allergy : Steamed Corn
Lunch	Scallion Chicken Allergy : Stir-fried Shrimp	Pepper Fish Nuggets Allergy : Mushroom with Chicken	Braised Duck Breast Shanghai Style Allergy : Fried Egg with Spring Onion	Hot Dog Sausage Allergy : Pan-fried Chicken	Stir-fried Beef with Mushroom Allergy Stir-fried Pork
	Braised Pork Liver Allergy : Ginger Duck	Ham and Pepper Baked Eggs Allergy : Stir-fried Beef	Celery with Pork Allergy : Bell Pepper with Chicken	Beef Stew Allergy : Steamed Fish	Colorful Shrimp (Corn, Green Pea , Carrot) Allergy : Bell Pepper with Chicken
Vegetable 1	Garlic Spinach Allergy : Stir-fried Shanghai Green	Sauteed Corn Kernels With Celery	Stir-fried Hang Cabbage	Mixed Vegetables (Corn, Green Pea , Carrot)	Sauteed Water Spinach
Vegetable 2	Fried Yam with Fungus Allergy : Stir-fried Carrot	Asparagus Lettuce	Cantonese choy sum	Roasted Mix Vegetable Potato,Carrot,Celery,Onion,Eggplant, zucchini)	Chopped Green Onion and Taro
Starch	Rice	Ham and Pineapple Pizza / Rice Allergy : Pizza without Cheese	Fried Rice with Ham & Vegetable Allergy : Rice	Hot dog / Rice Allergy : Rice	Fried Rice Noodles Allergy : Rice
Sides	Fruit				
Afternoon snack	Chocolate Bread / Melon / Yogurt Allergy : Vegetable Roll	Red Date Barley Soup / Apple	Millet Cake / Banana / Yogurt Allergy : Soda Biscuits/ Steamed Pumpkin	Tremella Lotus Seed Red Date Soup / Pear	Butter Toast / Orange /Yogurt Allergy : Vegetable Rice Ball
			Nutritional readings over the week		Milk Allergy: Apple Juice/Soy Milk
			Red meat: 17%	Vegetables: 29%	
			White meat / lean protein: 23%	Starch: 31%	
			Fried: 0%		



# EARLY YEARS LUNCH MENU



Date	2024/05/27	2024/05/28	2024/05/29	2024/05/30	2024/05/31
Morning snack	Scallion Rolls / Milk / Honey Melon Allergy : Steamed Sweet Potato	Breakfast Biscuit / Milk / Banana Allergy : Steamed Honey Cake	Vegetable Bun / Milk / Dragon Fruit Allergy : Steamed Carrot	Meat Bun / Milk / Melon Allergy : Steamed Corn	Multigrain Pack / Milk / Blueberry, Cherry Tomato Allergy : Steamed Purple Potato
Lunch	Curry Pork Allergy : Bell Pepper with Chicken	Fried Sausage Allergy : Stir-fried Duck	Sweet and Sour Fish Fillet with Colored Pepper Allergy : Stir-fried Cucumber with Chicken	Pan-fried Beef Patties Allergy : Celery with Beef	Spiced Duck Breast Allergy : Mushroom with Pork
	Tomato Scrambled Eggs Allergy : Bell Pepper with Beef	Stewed Chicken Allergy : Mushroom with Shrimp	Mushu Eggs Allergy : Vegetable Mix with Pork	Stewed Chicken Allergy : Mushroom with Duck	Stewed Tofu with Shrimp Allergy : Steamed Egg
Vegetable 1	Sauteed Lettuce	Roasted Vegetables Mix Potato,Carrot,Celery,Onion,Eggplant, zucchini)	Sauteed Spinach Allergy : Stir-fried Greens	Sauteed Carrots With Broccoli	Amaranthus
Vegetable 2	Cabbage with Fried Tofu Allergy : Stir-fried Celery	Sauteed Hang Cabbage	Sauteed Celery with Dry Tofu Allergy : Stir-fried Mushroom	Braised Eggplant Allergy : Stir-fried Celery	Sauteed Shredded Cabbage
Starch	Rice	Fried Pasta With Green Beans and Bacon Allergy : Pasta/Rice	Black Rice	Hamburger Allergy : Rice	Rice
Sides	Fruit				
Afternoon snack	Steamed Bun/ Apple/Yogurt Allergy : Steamed Corn	Black Rice Sweet Potato Porridge / Orange	Cheese Bread / Pear / Yogurt Allergy : Vegetable Roll	Green Bean Barley Soup / Orange	Pumpkin Honey Cake / Dragon Fruit / Yogurt
			Nutritional readings over the week		Milk Allergy: Apple Juice/Soy Milk
			Red meat: 18%	Vegetables: 27%	
			White meat / lean protein: 25%	Starch: 30%	
			Fried: 0%		