



WELLINGTON COLLEGE  
INTERNATIONAL  
SHANGHAI

# EARLY YEARS LUNCH MENU



Date	2024/10/28	2024/10/29	2024/10/30	2024/10/31	2024/11/01
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack					Meat Bun / Milk / Banana Allergy : Steamed Sweet Potato
Lunch					Roast Pork with Mushrooms Allergy : Steamed Egg
					Stewed Chicken in Tomato Sauce Allergy : Stir-fried Duck
Vegetable 1					Celery and Dry Tofu Allergy : Sauteed Celery
Vegetable 2					Sautted Cabbage
Starch					Fried Rice Noodles Allergy : Rice
Sides	Fruit				
Afternoon snack					Millet Cake / Dragon Fruit /Yogurt Allergy: Pumpkin Honey Cake Gluten Free: Steamed Pumpkin
			Nutritional readings over the week		Milk Allergy: Apple Juice/Soy Milk
			Red meat: 14%	Vegetables: 27%	
			White meat / lean protein: 27%	Starch: 32%	
			Fried: 0%		



# EARLY YEARS LUNCH MENU

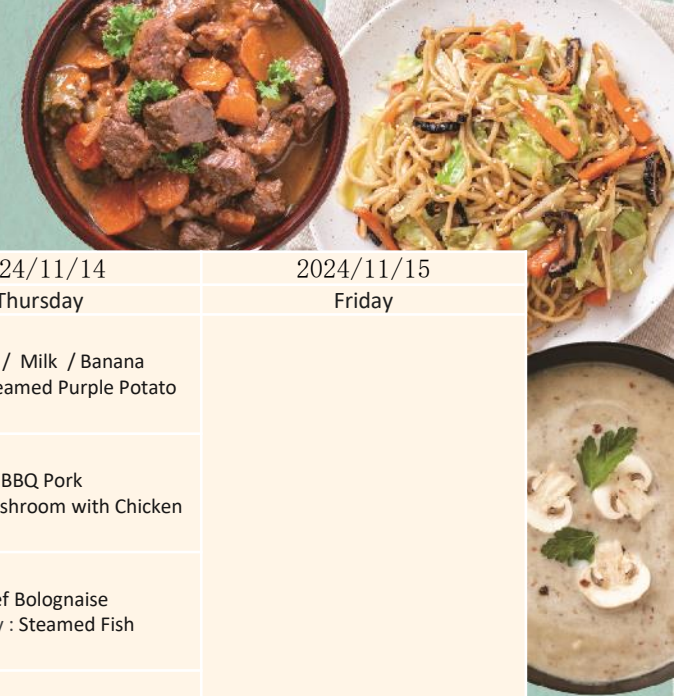


Date	2024/11/04	2024/11/05	2024/11/06	2024/11/07	2024/11/08
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Breakfast cake/ Milk / Dragon Fruit Allergy: Steamed Purple Potato	Scallion Roll / Milk/ Banana Allergy : Steamed Carrot	Scallion Pancake/ Milk / Dragon Fruit Allergy : Steamed Corn	Meat Floss Bread/ Milk/ Honey Melon Allergy: Steamed Sweet Potato	Siu Mai / Milk / Banana Allergy: Steamed Purple Potatoes
Lunch	Scrambled Egg with Shrimp Allergy : Chicken with Spring Onion	Grilled Sausage Allergy : Stir-fried Duck	Duck Breast with Five Spice Sauce Allergy : Stir-fried chicken with carrot	Pan-fried Beef Patties Allergy :Pan-fried Duck Breast	Braised Chicken Allergy :Stir-fried Shrimp
	Stir-fried Beef with Mushroom Allergy : Bell Pepper with Pork	Pork Curry Allergy : Tri-color Shrimp (Corn, Green Pea , Carrot)	Tomato Fish Stew Allergy : Pork slice in tomato sauce	Braised chicken leg with cream of mushroom Allergy : Mushroom with pork	Scrambled Eggs with Tomato Allergy :Pork with shitake mushroom
Vegetable 1	Sauteed Lettuce	Sauteed Garlic Broccoli	Sauteed Greens	Sauteed Spinach	Chinese Green and Mushrooms Mix
Vegetable 2	Sauteed Cabbage and Carrot	Cantonese Choy Sum	Braised Egg Plant Allergy : Steamed Egg Plant	Carrot & Cauliflower	Garlic Chinese cabbage
Starch	Rice	Pasta with Green Peas and Bacon Allergy : Plain Pasta/Rice	Black Rice	Hamburger / Rice Allergy : Rice	Fried Rice Noodles Allergy: Rice
Sides	Fruit				
Afternoon snack	Millet Cake / Pear /Yogurt Allergy: : Baked Potato	Purple rice sweet potato porridge/soda crackers Allergy: Steamed Yam	Custard Bun / Pepino dulce /Yogurt Allergy: Vegetable Rice Ball	Pumpkin White Fungus Wolfberry Porridge / Steam Bun Gluten Free: Steamed Corn	Osmanthus Cake / Dragon Fruit / Yogurt Allergy: Carrot
			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	2024/11/11 Monday	2024/11/12 Tuesday	2024/11/13 Wednesday	2024/11/14 Thursday	2024/11/15 Friday	
Morning snack	Meat Bun / Milk / Banana Allergy : Steamed Sweet Potato	Croissant / Milk/ Honey Melon Allergy : Steamed Carrot	Soda Craker/ Milk / Blueberry , Cherry Tomato Allergy : Steamed Pumpkin	Siu Mai / Milk / Banana Allergy : Steamed Purple Potato	Mid-Term Break	
Lunch	Sweet and Sour Pork Allergy : Stir-fried Carrot with Chicken	Beef Curry Allergy : Bell Pepper with Chicken	Braised Chicken Allergy : Fried Egg with Spring Onion	BBQ Pork Allergy : Mushroom with Chicken		
	Scrambled Eggs with Cucumber Allergy : Stir-fried Duck Breast	Pan-fried Fish Fillet Allergy : Celery with Pork	Shrimp with Pineapple in Tomato Sauce Allergy : Stir-fried Duck	Beef Bolognaise Allergy : Steamed Fish		
Vegetable 1	Sauteed potato with bell pepper	Sauteed Spinach	Sauteed Zucchini	Sauteed Asparagus Lettuce with Broccoli		
Vegetable 2	Black fungus with Cantonese Choy Sum	Stewed Vegetable (Potato,Carrot,Celery,Onion,Eggplant ,zucchini)	Garlic Lettuce	Butter Vegetable Mix(Carrot, corn, peas) Allergy : Sauteed plain mix veg		
Starch	Rice	Rice	Egg Fried Rice Allergy: Rice	Spaghetti Allergy : Rice		
Sides	Fruit					
Afternoon snack	Cheese Bread / Orange / Yogurt Allergy : Vegetable Rice Ball	Black rice porridge with Red Dates / Steamed Bun Gluten Free: Steamed Yam	Black Rice cake/ Apple / Yogurt Allergy : Brown Sugar Bun Gluten Free: Sweet Potato	Wonton Soup/Pear Allergy: Millet Pumpkin Porridge		
			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	2024/11/18 Monday	2024/11/19 Tuesday	2024/11/20 Wednesday	2024/11/21 Thursday	2024/11/22 Friday
Morning snack	Mid-Term Break	Veg Bun/ Milk / Banana Gluten Free: Pumpkin	Steam Dumpling/ Milk / Grape Allergy : Steamed Carrot	Hot dog roll/ Milk/ Banana Allergy : Steamed Corn	Siu Mai / Milk / Apple Allergy : Steamed Purple Potato
Lunch		Hot dog Sausage Allergy : Stir-fried Duck	Sweet and Sour Fish Fillet with Colored Pepper Allergy : Stir-fried Cucumber with Chicken	Stewed Beef Allergy : Celery with Pork slice	Spiced Duck Breast Allergy : Mushroom with Pork
Vegetable 1		Stewed Chicken Allergy : Mushroom with Shrimp	Mushu Eggs Allergy : Vegetable Mix with Pork	Roasted Chicken Allergy : Mushroom with Duck	Steamed Shrimp with Tofu Allergy : Steamed Egg
Vegetable 2		Roasted Vegetables Mix (Bell pepper,Eggplant,zucchini)	Stir-fried Shanghai Greens	Sauteed spinach	Cantonese choy sum
Starch		Cauliflower	Sauteed Celery with Dry Tofu Allergy : Stir-fried Mushroom	Broccoli with Carrot	Sauteed Cabbage
Sides		Hotdog bun Allergy : Rice	Black Rice	Ham & Pineapple Pizza Allergy : non cheese pizza/Rice	Rice
Afternoon snack		Fruit			
		Yam and red bean porridge/soda crackers Allergy : Red bean Congee/Mushed Potato	Custard bun/ Blueberry , Cherry Tomato/ Yogurt Allergy : Vegetable Rice Ball	Red dates and millet porridge/ Black rice cake Allergy : Steamed Sweet Potato	Brown Sugar Bun / Dragon Fruit / Yogurt Gluten Free : Steamed Pumpkin
		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	2024/11/25	2024/11/26	2024/11/27	2024/11/28	2024/11/29
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Meat Bun / Milk / Banana Allergy : Steamed Corn	Croissant / Milk / Honey Melon Allergy : Steamed Sweet Potato	Scallion Pancake / Milk / Dragon Fruit Allergy : Steamed Purple Potato	Siu Mai / Milk / Blueberry , Cherry Tomato Allergy : Steamed Pumpkin	Vegetable Bun / Milk / Banana Allergy : Steamed Carrot
Lunch	Steamed Fish in Tomato Sauce Allergy : Chicken with Spring Onion	Garlic BBQ Pork Allergy : Egg with Spring Onion	Scrambled Egg with Shrimp Allergy : Sautéed Beef with Celery	BBQ Pork Allergy : Ginger Duck	Braised Pork with fried Tofu Allergy : Sautéed pork with scallion
	Braised Pork with dry tofu Allergy : Bell Pepper with Pork	Beef Stew Allergy : Mushroom with Pork	Chicken Curry Allergy : Stir-fried Duck	Meat Ball in Tomato Sauce Allergy : Chicken with Mushroom	Sweet & Sour Shrimp with Colored Pepper Allergy : Bell Pepper with chicken
Vegetable 1	Sautéed Cabbage	Sautéed Green Pea with Corn	Chinese greens with Mushrooms	Sautéed Carrots with Broccoli	Sautéed Lettuce
Vegetable 2	Sautéed Spinach	Garlic Broccoli	Braised deep-fried bean curd Allergy : Stir-fried Cabbage	Sautéed Celery	Sautéed Chinese Cabbage with Mushroom
Starch	Rice	Chips / Rice Allergy : Rice	Millet Rice	Pasta Allergy : Rice	Rice
Sides	Fruit				
Afternoon snack	Brown Sugar Cake / Orange/Yogurt Gluten Free: Vegetable Rice Ball	Pumpkin Purple Rice Porridge / Millet Cake Allergy: Steamed Pumpkin	Buttered Toast / Grape /Yogurt Allergy : Potato/Osmanthus Cake	Veg noodle soup/Pear Gluten Free: Veg Porridge	Dumpling/ Dragon Fruit/Yogurt Allergy : Mashed Purple Potato
			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%		