



# EARLY YEARS LUNCH MENU

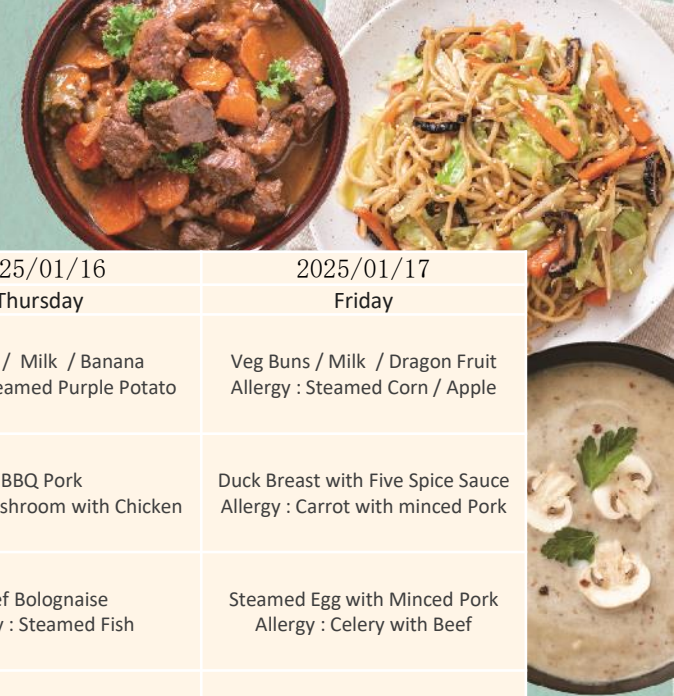


Date	2025/01/06	2025/01/07	2025/01/08	2025/01/09	2025/01/10
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Breakfast cake/ Milk / Dragon Fruit Allergy: Steamed Purple Potato/Apple	Scallion Roll / Milk/ Banana Allergy : Steamed Carrot	Scallion Pancake/ Milk / Tangerine Allergy : Steamed Corn	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	HK Style Chicken with Soy Sauce 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	Cream of Mushroom and Shrimp Allergy : Mushroom with chicken	Scrambled Eggs with Tomato Allergy :Pork with shitake mushroom
Vegetable 1	Sauteed Lettuce	Sauteed Garlic Broccoli	Sauteed Chinese Flat Cabbage	Sauteed Spinach	Chinese Green and Mushrooms Mix
Vegetable 2	Sauteed Cabbage and Carrot	Sauteed Zucchini and Tomatoes	Braised White Radish Allergy : Steamed Egg Plant	Cauliflower in Tomato Sauce	Garlic Chinese cabbage
Starch	Rice	Pasta with Green Peas and Bacon Allergy : Plain Pasta/Rice	Black Rice	Hamburger / Rice Gluten Free: Rice	Fried Rice Noodles Allergy: Rice
Sides	Fruit				
Afternoon snack	Millet Cake / Pear /Yogurt Allergy: : Baked Potato	Purple rice sweet potato porridge/soda crackers Gluten Free: Steamed Yam	Custard Bun / Grape /Yogurt Allergy: Vegetable Rice Ball	Pumpkin White Fungus Wolfberry Porridge / Steam Bun Gluten Free: Steamed Corn	Osmanthus Cake / Dragon Fruit / Yogurt Allergy: Pear
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	2025/01/13 Monday	2025/01/14 Tuesday	2025/01/15 Wednesday	2025/01/16 Thursday	2025/01/17 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	Veg Buns / Milk / Dragon Fruit Allergy : Steamed Corn / Apple
Lunch	Sweet and Sour Pork Allergy : Stir-fried Carrot with Chicken	Beef Curry Allergy : Bell Pepper with Chicken	Braised Chicken with king oyster Mushroom Allergy : Fried Egg with Spring Onion	BBQ Pork Allergy : Mushroom with Chicken	Duck Breast with Five Spice Sauce Allergy : Carrot with minced Pork
	Scrambled Eggs with Cucumber Allergy : Stir-fried Duck Breast	Stewed Fish with Tomato Allergy : Celery with Pork	Shrimp with Pineapple in Tomato Sauce Allergy : Stir-fried Duck	Beef Bolognaise Allergy : Steamed Fish	Steamed Egg with Minced Pork Allergy : Celery with Beef
Vegetable 1	Sauteed Zucchini	Sauteed Spinach	Sauteed Green Pepper and Potato	Sauteed Asparagus Lettuce with Broccoli	Sauteed Cabbage
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	Garlic Crown Daisy
Starch	Rice	Rice	Egg Fried Rice Allergy: Rice	Pasta Allergy : Rice	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	Brown sugar Cake / Tangerine /Yogurt Gluten Free: Mashed Potato
			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	2025/01/20	2025/01/21	2025/01/22	2025/01/23	2025/01/24
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Scallion Roll / Milk / Honey Melon Allergy : Steamed Sweet Potato	Veg Bun/ Milk / Banana Gluten Free: Pumpkin	Steam Dumpling/ Milk / Dragon Fruit Allergy : Steamed Carrot/Apple	Hot dog roll/ Milk/ Banana Allergy : Steamed Corn	Siu Mai / Milk / Honey Melon Allergy : Steamed Purple Potato
Lunch	Curry Pork Allergy : Bell Pepper with Chicken	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
	Scrambled Egg with Tomato Allergy : Bell Pepper with Beef	Stewed Chicken Allergy : Mushroom with Shrimp	Mushu Eggs Allergy : Vegetable Mix with Pork	Roasted Chicken Allergy : Mushroom with Duck	Salted egg yolk with shrimp & tofu Allergy : Steamed Egg
Vegetable 1	Sauteed Lettuce	Roasted Vegetables Mix (Bell pepper,Eggplant,zucchini)	Stir-fried Shanghai Greens	Sauteed spinach	Cantonese choy sum
Vegetable 2	Garlic Spinach	Cauliflower	Sauteed Celery with Dry Tofu Allergy : Stir-fried Mushroom	Broccoli with Carrot	Sauteed Cabbage
Starch	Rice	Hotdog bun/Rice	Black Rice	Ham & Pineapple Pizza Allergy : Rice	Rice
Sides	Fruit				
Afternoon snack	Steamed Bun / Orange /Yogurt Gluten Free: Steamed Corn	Yam and red bean porridge/soda crackers Allergy : Red bean porridge/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 Allergy : Pear
			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%		