



WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

EARLY YEARS LUNCH MENU

Date			2025/10/08	2025/10/09	2025/10/10
			Wednesday	Thursday	Friday
Morning Snack			Steamed Bun/Milk/Banana Allergy: Pumpkin	Scallion Pancake / Milk / Dragon Fruit Allergy: Carrot	Veg Bun/Milk/Honeydew Melon Allergy: Purple Sweet Potato
Main Course			Steamed Egg with Shrimp, Crab Stick, and Green Peas Allergy: Stir-fried Chicken with Cucumber Braised Beef with King Oyster Mushrooms Allergy: Stir-fried Pork with Bell Pepper	Mexican Pork Sauce Allergy: Stir-fried Duck and Bell Pepper BBQ Chicken Allergy: Steamed Fish Fillets	Stewed Beef and Carrot Allergy: Celery with pork Scrambled Egg with Tomato Allergy: Stir-fried Chicken with Corn, Green Peas and Carrot
Vegetables			Oyster Sauce Lettuce Allergy: Stir-Fried Lettuce Pointed Cabbage	Stir-fried Corn and Green Peas Roasted Vegetables (Eggplant, Zucchini, Bell Peppers, Onion)	Garlic Water Spinach Garlic Crown Daisy
Staple Food			Rice	Macaroni Allergy: Rice	Quinoa Rice
Fruit			Fruit		
Afternoon snack			Brown Sugar Bun/Apple/Yogurt	Dumplings / Orange Allergy: Purple Rice Porridge	Custard Bun / Ginseng fruit/ Yogurt Allergy: Vegetable Rice Ball
			Nutritional reading over the week		
			Red meat: 18%	Vegetables 27%	Milk Allergy: Juice/Soy Milk
			White meat / lean protein: 25%	Starch: 30%	
			Fried: 0%		



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EARLY YEARS LUNCH MENU



Date	2025/10/13	2025/10/14	2025/10/15	2025/10/16	2025/10/17
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Siu Mai / Milk / Banana Allergy: Steamed Pumpkin	Veg Bun / Milk / Honeydew Melon	Scallion Roll / Milk / Dragon Fruit Allergy: Carrot	Hot Dog Roll / Milk / Honey Melon Allergy: Corn	Steamed bun / Milk / Banana Allergy: Sweet Potato
Main Course	Steamed Egg with Minced Pork Patty Allergy: Beef with Celery	Pan-fried Beef Patties Allergy: Mushroom Chicken Bacon, Shrimp & Crab Stick Egg Cake Allergy: Stir-Fried Pork with Cucumber	Tomato Sauce Chicken Allergy: Stir-Fried Duck	Crispy Fried Fish Fillet Allergy: Sauteed Pork Slices Stewed Beef Allergy: Mushroom and Chicken	Duck Breast with Five Spice Sauce Allergy: Celery and Beef Salted egg yolk with tofu Allergy: Bell Pepper Chicken
Vegetables	Garlic Spinach Stir-Fried Lettuce	Broccoli Steamed pumpkin	Stir-Fried Celery with Dried Tofu Allergy: Stir-fried Celery	Stir-fried Mixed Vegetable (Carrot, corn, green peas) Scalded zucchini	Stir-fried Greens with Mushrooms Braised deep-fried bean curd in five spice sauce Allergy: Stir-Fried Chinese Cabbage
Staple food	Pork & Shepherd's Purse Dumplings Allergy: Chive & Egg Dumplings/Rice	Mini Burgers/Rice Allergy: Rice	Fried Udon Noodles (cabbage, carrot, pork) Allergy: Fried Rice(No Soy Sauce)	Macaroni Allergy: Rice	Purple rice
Fruit	Fruit				
Afternoon snack	Steamed Corn Cob/ Orange/ Yogurt	Red Bean and Job's Tears Soup/Chocolate Cookies Allergy: Mashed Potato	Steamed Purple Sweet Potato / Blueberries, Cherry Tomatoes/ Yogurt	Vegetable Noodles / Pear	Millet Cake / Dragon Fruit/ Yogurt Allergy: Vegetable Rice Ball
			Nutritional readings over the week		Milk Allergy: Juice/Soy Milk
			Red meat: 14%	Vegetables: 27%	
			White meat / lean protein: 27%	Starch: 32%	
			Fried: 0%		



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EARLY YEARS LUNCH MENU



Date	2025/10/20	2025/10/21	2025/10/22	2025/10/23	2025/10/24
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Breakfast Pancake / Milk / Dragon Fruit Allergy: Purple sweet Potato	Scallion Roll/Milk/Banana Allergy: Carrot	Scallion Pancake/Milk/Honeydew Melon Allergy: Corn	Veg Bun / Milk / Honey Melon	Siu Mai / Milk / Banana Allergy: Purple Sweet Potato
Main Course	Taiwanese-Style Minced Pork Allergy: chicken with carrot Salted Egg Yolk with tofu Allergy: Pork in Tomato Sauce	Pan-Fried Sausages Allergy: Stir-Fried Duck	Soy Sauce Chicken Allergy: Stir-Fried Shrimp with Celery	Hot Dog Sausage Allergy: Stir-fried duck breast BBQ Chicken Allergy: Stir-fired pork with Mushroom	Stir-Fried Beef Cubes with King Oyster Mushrooms Allergy: Chicken with Scallions Crispy Fried Fish Fillet Allergy: Stir-fried Pork with bell pepper
Vegetables	Stir-fried Cantonese Choy Pointed Cabbage	Garlic Broccoli Scalded Zucchini	Scalded Chinese Broccoli Stir-Fried Chinese Cabbage with Fried Tofu Puffs Allergy: Stir-fried Chinese Cabbage	Stir-fried Spinach Scalded Cauliflower	Stir-fried Lettuce Cabbage
Staple food	Black Rice	Creamy Bacon Pasta Allergy: Pasta/Rice	Honey BBQ Pork Fried Rice Allergy: Rice	Hot Dog Bun/Rice Allergy: Rice	Rice
Fruit	Fruit				
Afternoon Snack	Millet Cake / Pear /Yogurt Allergy: Vegetable Rice Ball	Purple Rice and Sweet Potato Congee / Waffle Allergy: Pumpkin	Cron Cob / Grapes / Yogurt	Pumpkin, Snow fungus and Goji Berry Congee / Soda Crackers	Osmanthus Cake / Dragon Fruit/Yogurt
			Nutritional readings over the week		Milk Allergy: Juice/Soy Milk
			Red meat: 14%	Vegetables: 27%	
			White meat / lean protein: 27%	Starch: 32%	
			Fried: 0%		





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EARLY YEARS LUNCH MENU



Date	2025/10/27 Monday	2025/10/28 Tuesday	2025/10/29 Wednesday	2025/10/30 Thursday	2025/10/31 Friday
Morning Snack	Meat bun / Milk / Banana Allergy: Pumpkin	Bacon and Cheese Bread / Milk /Honey melon Allergy: Carrot	Siu Mai / Milk / Dragon fruit Allergy: Potato	Croissant/ Milk / Honeydew Melon Allergy: Purple Sweet Potato	Veg bun / Milk / Banana
Main Course	Beijing-Style Shredded Pork Allergy: Stir-fried Carrot with chicken Stir-fried Eggs with Cucumber Allergy: Stir-fried duck breast	Curry Pork Allergy: Chicken with Bell Peppers	Braised Beef with King Oyster Mushrooms Allergy: Stir-fried Duck Steamed Egg with Shrimp and Green Pea Allergy: Stir-Fried Pork with Celery	BBQ Pork Allergy: Chicken with Mushroom Bolognese Allergy: Stir-fried Beef with Celery	Five-Spice Sauce Duck Allergy: Stir-fried Carrot with pork Tomato Sauce Chicken Allergy: Steamed Fish Fillet
Vegetables	Pointed Cabbage Black Fungus with Cantonese Choy Sum	Stir-fried Spinach Stir-fried corn and celery	Mushroom and Greens Green pepper with potatoes	Broccoli Butter Mixed Vegetables (Carrot, Corn, Green Peas) Allergy: Stir-fried Mixed Vegetables	Stir-fried Pak-Choi Garlic Crown Daisy
Staple food	Rice	Salami Pizza Allergy: Cheese-Free Pizza	Purple Rice	Pasta Allergy: Rice	Rice
Fruit	Fruit				
Afternoon Snack	Roasted Sweet Potato/ Orange/ Yogurt	Black Rice and Pumpkin Porridge / Cheese Bread Allergy: Vegetable Rice Ball	Black Rice Cake / Apple/ Yogurt Allergy: Brown sugar bun	Small Wontons / Pear Allergy: Millet and Pumpkin Porridge	Brown Sugar Cake / Ginseng Fruit/ Yogurt
			Nutritional readings over the week		Milk Allergy: Juice/Soy Milk
			Red meat: 16%	Vegetables 27%	
			White meat / lean protein: 26%	Starch: 30%	
			Fried: 1%		

