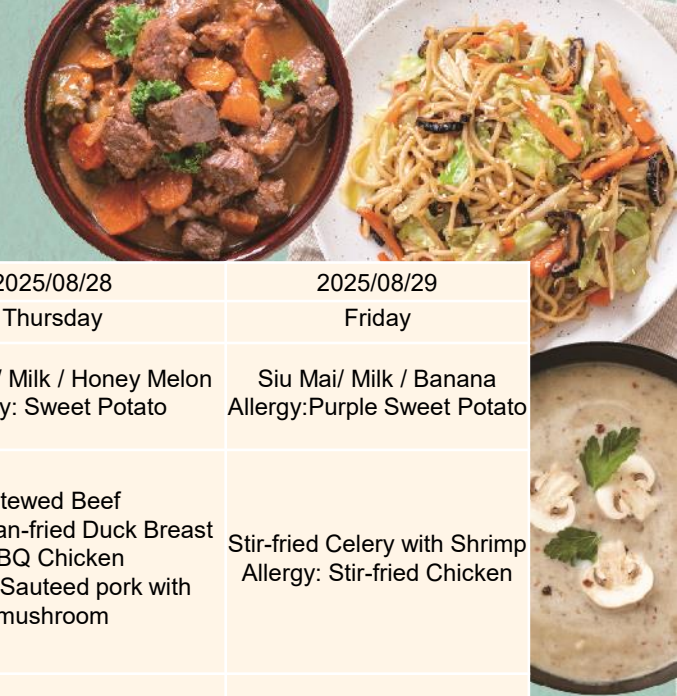




WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

EARLY YEARS LUNCH MENU



Date	2025/08/25 Monday	2025/08/26 Tuesday	2025/08/27 Wednesday	2025/08/28 Thursday	2025/08/29 Friday
Morning Snack	Veg bun / Milk / Ginseng Fruit	Scallion Roll / Milk / Banana Allergy: Carrot	Steamed Bun / Milk / Honeydew Melon Allergy: Corn	Meat Bun/ Milk / Honey Melon Allergy: Sweet Potato	Siu Mai/ Milk / Banana Allergy:Purple Sweet Potato
Main Course			Duck Breast with Five Spice Sauce Allergy: Carrot with Chicken Crispy Fried Fish Fillet Allergy: Tomato Sauce Pork	Stewed Beef Allergy: Pan-fried Duck Breast BBQ Chicken Allergy: Sauteed pork with mushroom	Stir-fried Celery with Shrimp Allergy: Stir-fried Chicken
Vegetables			Stir-fried Cantonese Choy Sum Stir-Fried Chinese Cabbage with Fried Tofu Puffs Allergy: Steamed Eggplant	Stir-fried Spinach Scalded Cauliflower	Stir-fried Greens with Mushrooms Stir-fried Chinese Cabbage
Staple food			Black Rice	Rice / Chips	Pork & Chinese Cabbage Dumplings Allergy: Chive & Egg Dumplings/Rice
Fruit			Fruit		
Afternoon Snack				Snow Fungus, Pear & Goji Berries Soup/ Osmanthus Cake	Spring Roll / Pear / Yogurt Allergy: Vegetable Rice Ball
			Nutritional readings over the week		
			Red meat: 17%	Vegetables 28%	Milk Allergy: Juice/Soy Milk
			White meat / lean protein: 25%	Starch: 30%	
			Fried: 1%		





WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

EARLY YEARS LUNCH MENU



Date	2025/09/01 Monday	2025/09/02 Tuesday	2025/09/03 Wednesday	2025/09/04 Thursday	2025/09/05 Friday
Morning Snack	Meat bun / Milk / Banana Allergy: Pumpkin	Soda Crackers /Milk /Honey Melon	Siu Mai / Milk / Dragon fruit Allergy: Potato	Croissant/ Milk/ Honeydew Melon Allergy: Purple Sweet Potato	Veg bun / Milk / Banana
Main Course	Beef in Oyster Sauce Allergy: Stir-fried Carrot with pork Stir-fried Eggs with Cucumber Allergy: Stir-fried duck breast	Curry Pork Allergy: Chicken with Bell Peppers Garlic Roasted Chicken Thigh Allergy: Stir-fried Shrimp with Mixed Vegetables	Steamed Egg with Shrimp, Crab Stick, and Green Peas Allergy: Stir-Fried Pork with Celery	BBQ Pork Allergy: Chicken with Mushroom Bolognese Allergy: Steamed Fish Fillet	Five-Spice Sauce Duck Allergy: Stir-fried Carrot with pork Tomato Sauce Chicken Allergy: Stir-fried Beef with Celery
Vegetables	Pointed Cabbage Black Fungus with Cantonese Choy Sum	Stir-fried Spinach Stewed Vegetable (Potato,Carrot,Celery,Onion,Eg gplant and Zucchini)	Scalded Chinese Broccoli Green pepper with potatoes	Broccoli Butter Mixed Vegetables (Carrot, Corn, Green Peas) Allergy: Stir-fried Mixed Vegetables	Stir-fried Chinese Spinach Garlic Crown Daisy
Staple food	Rice	Cheese Pizza/Rice Allergens: Cheese-Free Pizza	Honey BBQ Pork Egg Fried Rice Allergy: Rice	Pasta Allergy: Rice	Rice
Fruit	Fruit				
Afternoon Snack	Roasted Sweet Potato/ Orange/ Yogurt	Red Bean and Job's Tears Soup/Cheese Bread Allergy: Mashed Purple Sweet Potato	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%		





WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

EARLY YEARS LUNCH MENU



Date	2025/09/08 Monday	2025/09/09 Tuesday	2025/09/10 Wednesday	2025/09/11 Thursday	2025/09/12 Friday
Morning Snack	Scallion Roll / Milk / Honey Melon Allergy: Sweet potato	Veg Bun / Milk / Banana	Meat Bun/Milk/Dragon Fruit Allergy: Carrot	Hot Dog Roll / Milk/ Banana Allergy: Corn	Breakfast Cake/Milk/Honey Melon Allergy: Purple Sweet Potato
Main Course	Braised Pork with Mushrooms Allergy: Green Pepper and Chicken Scrambled Egg with Tomato Allergy: Bell Pepper with Beef	Hot Dog Sausage Allergy: Stir-fried duck Garlic Honey Chicken Allergy: Sautéed Shrimp with Mushroom	Braised minced pork with vermicelli Allergy: Stir-Fried pork and carrot	Stewed Beef Allergy: Celery with Pork Spiced Roasted Chicken Allergy: Sautéed Duck with Mushroom	Sweet & Sour Fish Fillet with Bell Peppers Allergy: Stir-fried Chicken Shreds with Cucumber Braised Pork with Fried Tofu Puffs Allergy: Stir-fried Shrimp with Mixed Vegetables
Vegetables	Stir-Fried Pak-Choi Garlic Spinach	Roasted vegetables Mix (Eggplant, Zucchini, Bell Pepper) Scalded Cauliflower	Cantonese Choy Sum	Stir-fried Spinach Scalded Cauliflower	Garlic Water Spinach Stir-fried Celery with Dried Tofu Allergy: Stir-fried Mushrooms
Staple food	Rice	Hot Dog Bun/Rice Allergy: Rice	Pork & Chinese Cabbage Dumplings Allergy: Chive & Egg Dumplings/Rice	Pasta Allergy: Rice	Black Rice
Fruit	Fruit				
Afternoon snack	Spring Roll / Orange/ Yogurt Allergy: Corn	Snow Fungus and Fruit Compote/Cookies Allergy: Soda Crackers	Black Rice Cake/ Blueberries, Cherry Tomatoes/ Yogurt Allergy: Vegetable Rice Ball	Sweet Red Date & Longan Soup/Brown Sugar Cake	Brown Sugar Bun/Dragon Fruit/ Yogurt
			Nutritional readings over the week		Milk Allergy: Juice/Soy Milk
			Red meat: 17%		Vegetables 27%
			White meat / lean protein: 25%		Starch: 30%
			Fried: 0%		



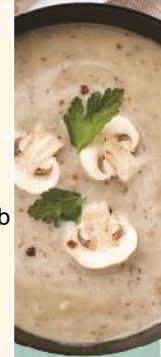


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EARLY YEARS LUNCH MENU



Date	2025/09/15 Monday	2025/09/16 Tuesday	2025/09/17 Wednesday	2025/09/18 Thursday	2025/09/19 Friday
Morning Snack	Meat bun / Milk / Banana Allergy: Corn	Croissant / Milk / Honey Melon Allergy: Sweet potato	Scallion pancake / Milk / Dragon Fruit Allergy: Potato	Meat Floss Bread / Milk / Honeydew Melon Allergy: Pumpkin	Veg bun / Milk / Banana
Main Course	Fish fillet in tomato sauce Allergy: Stir-fried chicken and Scallion Braised chicken with dried tofu Allergy: Stir-fried pork with green pepper	Roasted Garlic Honey Pork Allergy: Stir-fried Pork with mushrooms Stew beef Allergy: Stir-fried eggs with scallions	Braised Pork in Soy Sauce Allergy: beef with bell pepper Curry Duck Allergy: Stir-fried chicken	BBQ Chicken Allergy: Ginger duck	Steamed eggs with shrimp, crab Stick and green peas Allergy: Beef with Celery Braised Duck Breast Allergy: Stir-fried Pork
Vegetables	Stir-fried Pointed Cabbage Stir-fried Spinach	Stir-fried corn with green peas Scalded celery	Stir-fried Chinese Spinach Steamed Pumpkin	Scalded spinach Stir-fried zucchini	Cantonese Choy Sum Braised deep-fried bean curd Allergy: Stir-fried Chinese Cabbage
Staple food	Rice	Chips/Rice	Fried Rice Noodles Allergy: Soup Rice Noodles	Bolognese Pasta Allergy: Rice	Millet Rice
Fruit	Fruit				
Afternoon Snack	Brown Sugar Cake / Orange/ Yogurt	Sweet Red Bean Soup/Buttered Toast Allergy: Pumpkin	Purple Sweet Potato/ Banana/ Yogurt	Vegetables Noodle / Pear	Custard Bun / Ginseng Fruit/ Yogurt Allergy: Osmanthus Cake
			Nutritional readings over the week		Milk Allergy: Juice/Soy Milk
			Red meat: 18%	Vegetables: 27%	
			White meat / lean protein: 26%	Starch: 28%	
			Fried: 1%		





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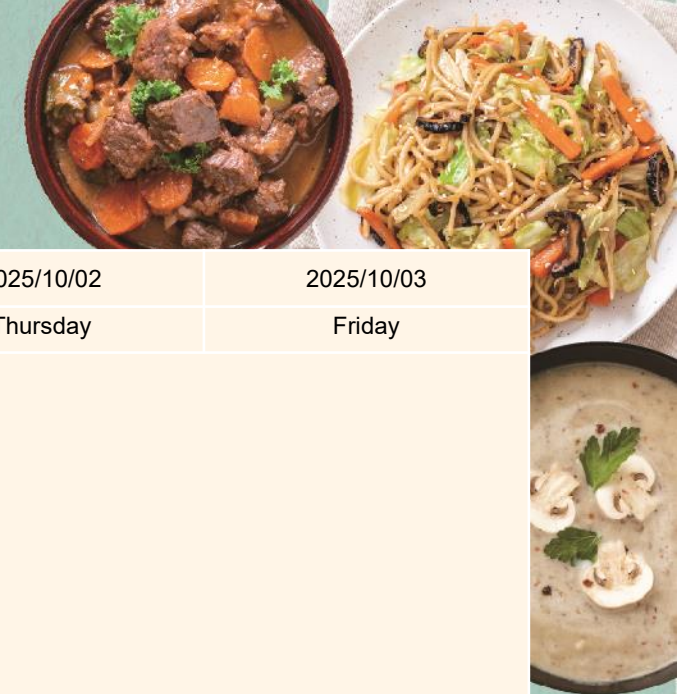
EARLY YEARS LUNCH MENU

Date	2025/09/22	2025/09/23	2025/09/24	2025/09/25	2025/09/26
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Breakfast Cake / Milk / Banana Allergy: Purple Sweet Potato	Meat bun / Milk / Dragon Fruit Allergy: Carrot	Veg bun/Milk/ Honey Melon	Bacon and Cheese Bread/ Milk / Dragon Fruit Allergy: Corn	Scallion Roll/Milk/Honeydew Melon Allergy: Pumpkin
Main Course	Braised Pork with Dried Tofu Allergy: Stir-fried Chicken Scrambled Eggs with Tomato Allergy: Stir-fried pork and mushrooms	Beef Goulash Allergy: Steamed fish fillet Baked egg with bacon and shrimp Allergy: Pork with Carrot	Curry duck breast Allergy: Steamed Egg Braised Pork and Minced Vermicelli Allergy: Stir-fried Beef with Green Peppers	Bolognese Allergy: Fried chicken with mushrooms Honey Garlic Roasted Chicken Allergy: Stir-fried Pork with Corn, Peas and Carrot	Braised Beef with Potatoes in Zhu Hou Sauce Allergy: Pan-fried Duck Breast
Vegetables	Mushroom and Greens Stir-Fried Celtuce	Stir-fried Celery with Corn Cantonese Choy Sum	Stir-fried Lettuce Garlic Water Spinach	Stir-fried Zucchini with Tomatoes Scalded Spinach	Stir-Fried Chinese Cabbage and Carrot
Staple Food	Rice	Bacon and Mushroom Pizza/ Rice Allergy: Cheese-Free Pizza / Rice	Black Rice	Pasta Allergy: Rice	Fried Noodles with Greens and Pork Allergy: Fried Rice with Greens and Pork (no soy sauce)
Fruit	Fruit				
Afternoon Snack	Black Rice Cake/ Honey Melon/ Yogurt Allergy: Vegetable Rice Ball	Snow Fungus & Pear Soup /Butter Cake Allergy: Pumpkin	Steamed Sweet Potato/ Orange/ Yogurt	Mung Bean Sweet Soup/Osmanthus Cake	Spring Roll / Pear/ Yogurt Allergy: Mashed Purple Sweet Potato
			Nutritional readings over the week		Milk Allergy: Juice/Soy Milk
			Red meat: 14%	Vegetables 29%	
			White meat / lean protein: 25%	Starch: 32%	
			Fried: 0%		



WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

EARLY YEARS LUNCH MENU



Date	2025/09/29	2025/09/30	2025/10/01	2025/10/02	2025/10/03
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Meat bun / Milk / Dragon fruit Allergy: Sweet potato	Soda Crackers/Milk/Honey Melon	National Day Holiday		
Main Course	Hong Kong Style Honey Barbecue Pork Allergy: Stir-fried duck breast	Hot Dog Sausage Allergy: Mushroom Shrimp Orange-Infused Chicken Thigh Allergy: Stir-fried mushroom and eggs			
Vegetables	Cantonese choy sum	Stir-fried Zucchini Butter Broccoli Allergy: Stir-Fried Broccoli			
Staple food	Dry-Fried Beef Rice Noodles Allergy: Stir-fried Rice Noodles	Hot dog Bun / Rice Allergy: Rice			
Fruit	Fruit				
Afternoon Snack	Osmanthus Cake/ Pear/ Yogurt	Snow fungus and Goji Berry soup/Chocolate Bread 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%		