



EARLY YEARS LUNCH MENU



Date	2025/02/10	2025/02/11	2025/02/12	2025/02/13	2025/02/14
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Meat Bun / Milk / Tangerine Allergy : Steamed Corn	Croissant / Milk / Honey Melon Allergy : Steamed Sweet Potato	Scallion Pancake / Milk / Dragon Fruit Allergy : Steamed Purple Potato / Apple	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 : Sauteed Beef with Celery	BBQ Pork Allergy : Ginger Duck	Braised Pork with fried Tofu Allergy : Colored Pepper with Beef
	Braised Pork with dry tofu Allergy : Bell Pepper with Pork	Beef Stew Allergy : Mushroom with Pork	Chicken Curry Allergy : Stir-fried Duck	Beef Ball in Tomato Sauce Allergy : Chicken with Mushroom	Sweet & Sour Shrimp with Colored Pepper Allergy : Bell Pepper with chicken
Vegetable 1	Sauteed Cabbage	Sauteed Green Pea with Corn	Sauteed Crown Daisy	Scalded Broccoli	Sauteed Lettuce
Vegetable 2	Sauteed Spinach	Scalded Parsley	Braised deep-fried bean curd Allergy : Stir-fried Cabbage	Sauteed zucchini and carrots	Sauteed 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 : Osmanthus Cake	Veg noodle soup / Pear Gluten Free: Veg Porridge	Dumpling/ Dragon Fruit/Yogurt Allergy : Mashed Purple Potato/Orange
			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%		



EARLY YEARS LUNCH MENU



Date	2025/02/17	2025/02/18	2025/02/19	2025/02/20	2025/02/21
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Breakfast cake/ Milk / Banana Allergy : Steamed Purple Potato	Meat Bun / Milk / Dragon Fruit Allergy : Steamed Carrot/Apple	Steam Dumpling/ Milk / Honey Melon Allergy : Steamed Sweet Potato	Meat Floss Bread / Milk / Dragon Fruit Allergy : Steamed Corn/Pear	Scallion Roll / Milk / Honey Tangerine Gluten Free : Steamed Pumpkin
Lunch	Braised Tofu with Shrimp Allergy : Stir-fried Chicken	Beef Stew Allergy : Steamed Fish	Duck Breast Curry Allergy : Steamed Egg	Beef Bolognaise Allergy : Mushroom with Chicken	Tomato Fish Stew Allergy : Stir-fried Pork
	Scrambled Egg with Tomato Allergy : Pork with Mushroom	Honey Garlic Grilled Chicken Allergy : Carrot with Pork	Braised Minced Pork with Vermicelli Allergy : Bell Pepper with Pork	Baked Egg with Pepper and Ham Allergy : Tri-color Fried Shrimp (Corn, Green Pea , Carrot) Tri-color Fried pork	Sauteed Beef with onion Allergy : Pan-fried Duck
Vegetable 1	Mushroom with Green	Sauteed Corn with Celery	Garlic Chinese Flat Cabbage Allergy : Stir-fried Greens	Scalded Broccoli	Lettuce in Oyster Sauce Allergy : Boiled plain lettuce
Vegetable 2	Braised Radish Allergy: Steamed Radish	Cantonese Choy Sum	Sauteed potato with bell pepper	Garlic Spinach	Chinese Bok choy with carrot
Starch	Rice	Salami Pizza / Rice Allergy : None Cheese Pizza/Rice	Black Rice	Pasta Allergy : Rice	Fried Rice Noodles Allergy : Rice
Sides	Fruit				
Afternoon snack	Black Rice Cake / Honey Melon/Yogurt Allergy : Brown Sugar Bun Gluten Free : Steamed Corn	Red date purple potato porridge/Steamed Bun Gluten Free : Steamed Pumpkin	Waffle/ Orange/Yogurt Allergy : Vegetable rice cake	Multigram Porridge / Soda Crackers Gluten Free: Baked potato	Custard Bun / Pear/Yogurt Allergy : Osmanthus Cake
				Nutritional readings over the week	
				Red meat: 18%	
				White meat / lean protein: 27%	
				Fried: 1%	
				Vegetables: 27%	
				Starch: 28%	
				Milk Allergy: Apple Juice/Soy Milk	



EARLY YEARS LUNCH MENU



Date	2025/02/24	2025/02/25	2025/02/26	2025/02/27	2025/02/28
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Meat Bun / Milk / Dragon Fruit Allergy : Steamed Sweet Potato/Apple	Soda Cracker / Milk/ Honey Melon Allergy : Steamed Corn	Steam Bun/ Milk / Banana Allergy : Steamed Pumpkin	Scallion Pancake /Milk/ Dragon Fruit Allergy : Steamed Carrot /Pear	Hot dog roll/ Milk / Tangerine Allergy : Steamed Purple Potato
Lunch	Shrimps with Black fungus, cucumber and egg Allergy : Cucumber with Chicken	Hot Dog Allergy : Mushroom with Shrimp	Sweet and Sour Shrimp with Pineapple Allergy : Celery with Pork	Mexican Pork Con Carne Allergy : Bell Pepper with Duck	Beef Stew Allergy : Celery with Chicken
	Stir-fried beef with Mushrooms Allergy : Bell Pepper with Pork	Pork Curry Allergy : Stir-fried Duck	Shanghai Style braised duck Allergy :Scramble egg with mushroom	BBQ Chicken Allergy : Steamed Fish	Scrambled Egg with cucumber Allergy : Sauteed Chicken with mix veg (corn, green pea, carrot)
Vegetable 1	Lettuce in Oyster Sauce Allergy: Stir-fried Plain lettuce	Sauteed Zucchini	Stir-fried Chinese cabbage	Sauteed Green Pea with Corn	Sauteed Carrot with cabbage
Vegetable 2	Sauteed Cabbage	Butter Broccoli Allergy: Sauteed broccoli	Cantonese Choy Sum	Roasted Mix Vegetable (Bell pepper, Onion,Eggplant,zucchini)	Garlic Crown Daisy
Starch	Rice	Hot Dog Bread / Rice Allergy : Rice	Egg Fried Rice Allergy : Rice	Macaroni Allergy : Rice	Rice
Sides	Fruit				
Afternoon snack	Chocolate Bread / Pear /Yogurt Allergy : Brown Sugar Bun Gluten Free : Steamed Potato	White fungus and wolfberry porridge/Osmanthus Cake	Brown Sugar Bun / Blueberry , Cherry Tomato/Yogurt Allergy : Mashed Sweet Potato	Wonton Soup / Orange Allergy : Purple Rice Porridge	Butter Toast/ Pear/Yogurt Allergy : Vegetable Rice Ball
				Nutritional readings over the week	
				Red meat: 14%	
				Vegetables: 29%	
				White meat / lean protein: 25%	
				Starch: 32%	
				Fried: 0%	
				Milk Allergy: Apple Juice/Soy Milk	