



WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

EARLY YEARS LUNCH MENU



Date	2025/04/07	2025/04/08	2024/04/09	2025/04/10	2025/04/11
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Breakfast cake/ Milk / Banana Allergy : Steamed Purple Potato	Meat Bun / Milk / Dragon Fruit Allergy : Steamed Carrot	Veg. Bun / Milk / Honey Melon Allergy : Steamed Sweet Potato	Meat Floss Bread / Milk / Dragon Fruit Allergy : Steamed Carrot	Scallion Roll / Milk / Honeydew Melon Allergy : Steamed Pumpkin
Main Course 1	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
Main Course 2	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	Stewed Beef with Potatoes in ch hou Sauce Allergy : Pan-fried Duck
Vegetables 1	Mushroom with Green	Sauteed Corn with Celery	Garlic Crown Daisy Allergy : Stir-fried Greens	Sauteed Zucchini and Tomatoes	Lettuce in Oyster Sauce Allergy Sauteed Lettuce
Vegetables 2	Braised Radish Allergy: Steamed Radish	Cantonese Choy Sum	Sauteed potato with bell pepper	Garlic Spinach	Chinese Bok choy with carrot
Staple Food	Rice	Salami Pizza / Rice Allergy : None Cheese Pizza/Rice	Black Rice	Pasta Allergy : Rice	Fried Rice Noodles Allergy : Rice
Fruit	Fruit				
Afternoon Snack	Black Rice Cake / Honey Melon / Yoghurt Allergy : Brown Sugar Bun Gluten Free : Steamed Corn	Red date purple potato porridge / Steamed Bun Gluten Free: Steamed Pumpkin	Waffle/ Orange / Yoghurt Allergy : Vegetable rice cake	Multigram Porridge / Soda Cracker Gluten Free: Baked Potao	Custard Bun / Pear / Yoghurt Allergy : Osmanthus Cake
			Nutritional readings over the week		Milk Allergy: Apple Juice/Soy Milk
			Red meat: 14%	Vegetables 29%	
			White meat / lean protein: 25%	Starch: 32%	
			Fried: 0%		



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Date	2025/04/14	2025/04/15	2025/04/16	2025/04/17	2025/04/18
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Meat Bun / Milk / Dragon Fruit Allergy : Steamed Sweet Potato	Soda Cracker / Milk / Honey Melon Allergy : Corn Cob	Steam Bun/ Milk / Banana Allergy : Steamed Pumpkin	Scallion Pancake /Milk / Dragon Fruit Allergy : Steamed Carrot	Vegetable Bun / Milk / Honey Melon Allergy : Steamed Purple Potato
Main Course 1	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
Main Course 2	Stir-fried Beef with Mushroom 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)
Vegetables 1	Lettuce in Oyster Sauce Allergy: Sauteed lettuce	Sauteed Zucchini	Sauteedd Chinese cabbage	Sauteed Green Pea with Corn	Sauteed Carrot with cabbage
Vegetables 2	Sauteed Cabbage	Butter Broccoli Allergy: Sauteed brocolli	Cantonese Choy Sum	Roasted Mix Vegetable (Bell pepper, Onion,Eggplant,zucchini)	Garlic Crown Daisy
Staple Food	Rice	Hot Dog Bread / Rice Allergy : Rice	Egg Fried Rice Allergy : Rice	Macaroni Allergy : Rice	Rice
Fruit	Fruit				
Afternoon Snack	Chocolate Bread / Pear / Yoghurt Allergy : Brown Sugar Bun Gluten Free : Steamed Potato	White Fungus and Wolfberry Porridge/Osmanthus Cake	Brown Sugar Bun / Blueberry , Cherry Tomato /Yoghurt Allergy : Mashed Sweet Potato	Wonton Soup/ Orange Allergy : Purple Rice Porridge	Butter Toast/ Pear/Yoghurt Allergy : Vegetable Rice Ball
			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%		



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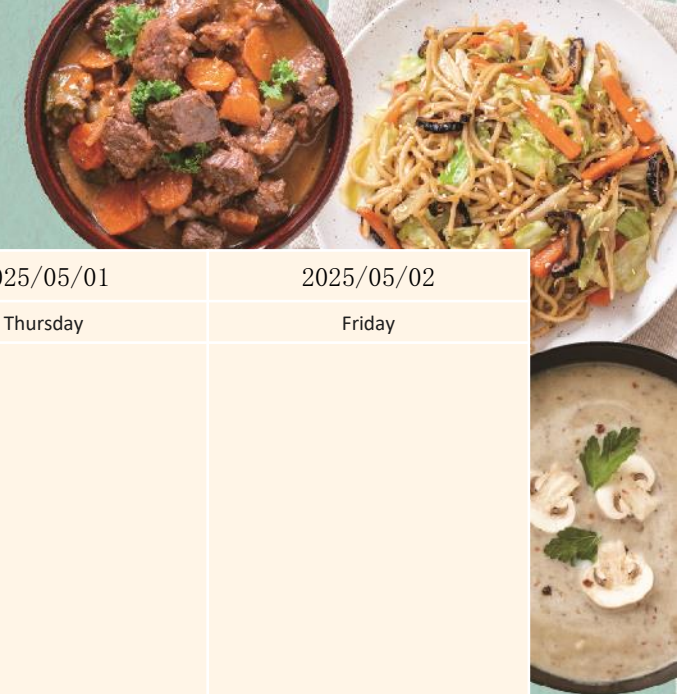


Date	2025/04/21	2025/04/22	2025/04/23	2025/04/24	2025/04/25
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Siu Mai / Milk / Banana Allergy : Steamed Pumpkin	Vegetable Bun / Milk / Honeydew Melon Allergy : Steamed Sweet Potato	Scallion Roll/ Milk / Dragon Fruit Allergy : Steamed Purple Potato	Hot dog roll/ Milk / Melon Allergy : Corn Cob	Steamed Bun / Milk / Banana Allergy : Steamed Sweet Potato
Main Course 1	Braised chicken Allergy : Three-color Shrimp (Corn, Green Pea , Carrot)	Pan-Fried Beef Patty Allergy : Mushroom with chicken	Steamed Egg with Minced Pork Allergy : Celery with Beef	Roasted Duck Breast with Rosemary and Beef Bone Sauce Allergy : Cucumber with Pork	Braised Pork with Mushrooms Allergy : Steamed Egg
Main Course 2	Shredded Pork with Carrots Allergy : Ginger Duck	Braised Fish in Tomato Sauce Allergy : Fried Egg with Spring Onion	Sauteed Shrimp with Sweet and Sour Bell Peppers Allergy : Bell Pepper with Beef	Stewed Beef with Tomatoes Allergy : Mushroom with Chicken	Stewed Chicken in Tomato Sauce Allergy : Stir-fried Duck
Vegetables 1	Garlic Spinach	Stir-Fried Corn with Celery	Vegetables with Mushrooms	Sauteed Vegetable Mix (Carrot, corn, peas)	Stir-Fried Celery with Dried Tofu Allergy: Stir-Fried Celery
Vegetables 2	Sauteed Lettuce	Cantonese Choy Sum	Spiced deep-fried bean curd Allergy : Stir-fried Cabbage	Sauteed Shanghai Green	Sauteed Chinese Cabbage
Staple Food	Rice	Chips / Burger Allergy : Rice	Purple Rice	Pasta Allergy : Rice	Fried Rice Noodles Allergy : Rice
Fruit	Fruit				
Afternoon Snack	Cheese Bread / Orange /Yoghurt Allergy : Osmanthus Cake	Red dates and millet porridge/ Brown Sugar Cake Allergy : Steamed Carrot	Dumpling/ Grape /Yoghurt Allergy : Mushed Potato	Veg noodle soup/ Pear Gluten Free: Veg Porridge	Millet Cake/ Dragon Fruit/Yoghurt Allergy : Vegetable Rice Ball
			Nutritional readings over the week		Milk Allergy: Apple Juice/Soy Milk
			Red meat: 14%	Vegetables: 27%	
			White meat / lean protein: 27%	Starch: 32%	
			Fried: 1%		



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Date	2025/04/28	2025/04/29	2025/04/30	2025/05/01	2025/05/02
	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 / Honey Melon Allergy :Corn Cob	Holiday	Holiday
Main Course 1	Scrambled Egg with Shrimp Allergy : Chicken with Spring Onion	Grilled Sausage Allergy : Stir-fried Duck	Duck Breast with Five Spice Sauce Allergy : Shredded Chicken with Carrots		
Main Course 2	Stir-fried Beef with Mushroom Allergy : Bell Pepper with Pork	Pork Curry Allergy : Tri-color Shrimp (Corn, Green Pea , Carrot)	Tomato Fish Stew Allergy : Braised Pork slice in tomato sauce		
Vegetables 1	Sauteed Lettuce	Garlic Broccoli	Cantonese choy sum		
Vegetables 2	Sauteed Cabbage	Sauteed tomatoes with zucchini	Braised Eggplant Allergy : Steamed Eggplant		
Staple Food	Rice	Fried Pasta with Green Peas and Bacon Allergy : Pasta/Rice	Black Rice		
Fruit	Fruit				
Afternoon Snack	Millet Cake / Pear /Yoghurt Allergy : Baked Potato	Purple Rice and Sweet Potato Porridge / Soda Craker Gluten Free: Yam	Custard Bun / Grape / Yogurt Allergy : Vegetable Rice Ball		
			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%		