



WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

EARLY YEARS CENTRE LUNCH MENU



Date	2025/11/3	2025/11/4	2025/11/5	2025/11/6	2025/11/7
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Meat Bun/Milk/Cantaloupe Allergy: Corn	Croissant/Milk/Banana Allergy: Steamed Bun/Sweet Potato	Scallion Pancake/Milk/Dragon Fruit Allergy: Roasted Potato	Buttered Corn Cob Cob/Milk/Honeydew Melon Allergy: Steamed Corn Cob	Veg. Bun/Milk/Cherry Tomato Allergy: Carrot
Main Course	Braised minced pork with shiitake mushrooms Allergy: Stir-fried chicken with scallion onions Shrimp with Tofu Allergy: Stir-fried pork with green bell peppers	Pan-Fried Beef Patties Allergy: Chicken with Shiitake Mushrooms Baked Eggs with Bacon and Onions Allergy: Duck with Yam	Handmade braised small meatballs with water chestnuts Allergy: Beef with bell peppers	Roasted Cajun chicken Allergy: Duck with Ginger Homemade Bolognese Allergy: Pork with carrot	Braised Duck Breast Allergy: Beef with celery Scrambled Eggs with asparagus lettuce Allergy: Stir-fried Pork
Vegetables	Stir-fried Cabbage Stir-fried Spinach	Stir-fried Green peas and corn Scalded Celery	Stir-fried Pak-Choi	Scalded Spinach Stir-fried Courgette	Cantonese Choy Sum Braised deep-fried bean curd Allergy: Stir-fried Chinese Cabbage
Staple Food	Rice	Mini Burgers/Rice Allergy: Rice	Stir-fried Rice Noodles with Shrimp, Kale and Carrots Allergy: Plain Rice Noodles	Pasta Allergy: Rice	Millet Rice
Fruits	Fruits				
Afternoon Snack	Osmanthus Rice Cake/Pear/Yoghurt	Snow Fungus and Red Date Soup/Mini Muffins Allergy: Pumpkin	Steamed purple potato/Cantaloupe/Yoghurt	Tomato, Greens and Dough Drop Soup/Orange Allergy: Vegetable Rice Ball	Custard Bun/Apple/Yoghurt Allergy: Sweet Potato
			Nutritional readings over the week		Milk Allergy: Juice/Soy Milk
			Red meat: 18%	Vegetables 27%	
			White meat / lean protein: 27%	Starch: 28%	
			Fried: 0%		





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Date	2025/11/10	2025/11/11	2025/11/12	2025/11/13	2025/11/14
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Scallion Roll/Milk/Cantaloupe Allergy: Sweet Potato	Soft Roll/Milk/Orange Allergy: Pumpkin	Xiaolongbao/Milk/Dragon Fruit Allergy: Carrot	Meat floss bread/Milk/Banana Allergy: Fermented rice cake	Mid-Term Break
Main Course	Beijing-Style Shredded Pork Allergy: Beef with bell peppers Scrambled Eggs with Tomatoes Allergy: Chicken with green bell peppers	Hot Dog Allergy: Stir-fried Duck BBQ Pork Allergy: Shrimp with mushrooms	Braised Vermicelli noodles with Minced Pork Allergy: Pork with carrot/Beef with green bell peppers	Beef Curry Allergy: Pork and Celery Spiced Roasted Chicken thigh Allergy:Shrimp with mixed vegetables	
Vegetables	Stir-fried Pak-Choi Garlic Spinach	Roasted vegetables (aubergine, courgette, bell peppers) Scalded Broccoli	Cantonese Choy Sum	Stir-fried Cabbage Scalded Cauliflower	
Staple Food	Rice	Rice	Dumplings Allergy: Rice	Rice/Chips Allergy: Rice	
Fruits	Fruits				
Afternoon Snack	Black Rice Cake/Pear/Yoghurt	Red Bean and Black Rice Congee/Vanilla Butter Biscuits Allergy: Purple Potato	Vegetable Rice Ball/ blueberry, Cherry Tomato/Yoghurt	Red Dates, Longans and Purple Rice Congee/Buttered Toast Allergy:Mashed Potatoes	
			Nutritional readings over the week		Milk Allergy: Juice/Soy Milk
			Red meat: 18%	Vegetables 27%	
			White meat / lean protein: 25%	Starch: 29%	
			Fried: 1%		





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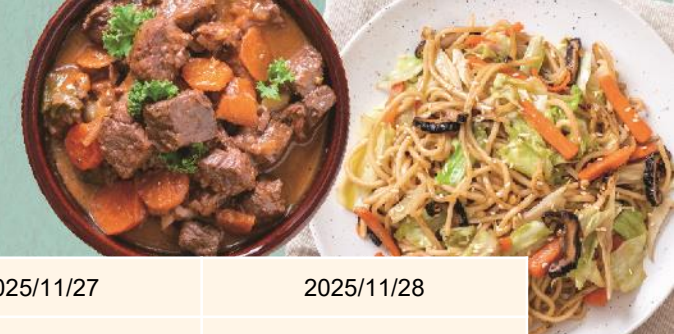
Date	2025/11/17	2025/11/18	2025/11/19	2025/11/20	2025/11/21
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Mid-Term Break	Croissant/Milk/Cantaloupe Allergy: Carrot	Meat Bun/Milk/Dragon Fruit Allergy: Roasted Potato	Bacon and Cheese Bread/Milk/Honeydew Melon Allergy: Steamed Bun/Purple Potato	Corn Cob/Milk/Cherry Tomato
Main Course		Pork Curry Allergy: Pork with bell peppers Orange-infused Roasted Chicken Thigh Allergy: Beef with Green Bell Peppers	Scrambled Eggs with Shrimp Allergy: Pork with Celery	Spiced Roasted Pork Allergy: Steamed Fish Fillet Homemade Bolognese Allergy: Stir-fried Chicken with Mushrooms	Duck in Five-Spice Sauce Allergy: Beef with Celery Crispy Fried Fish Fillet Allergy: Pork with Carrot
Vegetables		Stir-fried Spinach Roasted Pumpkin	Scalded Chinese Broccoli Stir-Fried Cauliflower and Carrots	Broccoli Mixed Vegetables in butter Allergy: Stir-fried mixed vegetables	Stir-fried Cantonese Choy Sum Pak-Choi
Staple Food		Rice/Buttered Mashed Potatoes Allergy: Mashed Potatoes	Char Siu Fried Rice Allergy: Rice	Macaroni Allergy: Rice	Rice
Fruits		Fruits			
Afternoon Snack		Pumpkin and Purple Rice Congee/Butter Cake Allergy: Mushed Purple potatoes	Millet Rice Cake/Banana/Yoghurt	Wonton/Pear	Fermented Rice Cake/Apple/Yoghurt
			Nutritional readings over the week		Milk Allergy: Juice/Soy Milk
			Red meat: 16%	Vegetables 27%	
			White meat / lean protein: 26%	Starch: 30%	
			Fried: 1%		





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Date	2025/11/24	2025/11/25	2025/11/26	2025/11/27	2025/11/28
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Beef and vegetable Pie/Milk/Banana Allergy: Purple Potato	Vegetable Focaccia/Milk/Cherry Tomato Allergy: Carrot	Veg. Bun/Milk/Cantaloupe Allergy: Sweet Potato	Croissant/Milk/Dragon Fruit Allergy: Osmanthus Rice Cake	Scallion Roll/Milk/Honeydew Melon Allergy: Pumpkin
Main Course	Scrambled Eggs with Shrimp Allergy: Pork with bell peppers / Stir-fried Duck	Garlic-Flavored Roasted Chicken Allergy: Beef with Celery	Duck Curry Allergy: Steamed Egg Braised Vermicelli noodles with Minced Pork Allergy: Beef with green bell peppers	Baked Eggs with Bacon and Onions Allergy: Pork wit mixed vegetables Homemade Bolognese Allergy: Chicken with shiitake mushrooms	Beef and potatoes in Zhuhou Sauce Allergy: Pan-Fried Duck Breast
Vegetables	Shiitake Mushrooms with Greens	Stir-Fried Celery with Corn Cantonese Choy Sum	Stir-fried Lettuce Garlic Water Spinach	Stir-Fried Courgette with Tomatoes Scalded Spinach	Stir-Fried Baby Bok Choy with Carrots
Staple Food	Fried Rice with Salmon and Mixed Vegetable Allergy: Rice	Homemade Bacon and Mushroom Pizza/Rice Allergy: Cheese-Free Pizza/Rice	Quinoa Rice	Pasta Allergy: Rice	Stir-fried Noodles with Shredded Pork and Greens Allergy: Stir-fried rice with Shredded Pork and Greens
Fruits	Fruits				
Afternoon Snack	Black Rice Cake/Cantaloupe/Yoghurt	Pumpkin and Black Rice Congee/Waffle Allergy: Pumpkin	Stamed Sweet Potato/Apple/Yoghurt	Purple Sweet Potato Sago Soup/Soda Crackers	Spring Rolls/Pear/Yoghurt Allergy: Mushed purple potatoes
			Nutritional readings over the week		Milk Allergy: Juice/Soy Milk
			Red meat: 14%	Vegetables 29%	
			White meat / lean protein: 25%	Starch: 32%	
			Fried: 0%		

