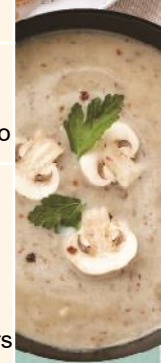
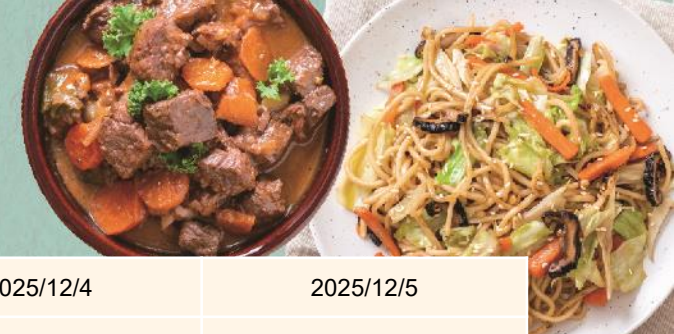




WELLINGTON COLLEGE
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EARLY YEARS CENTRE LUNCH MENU



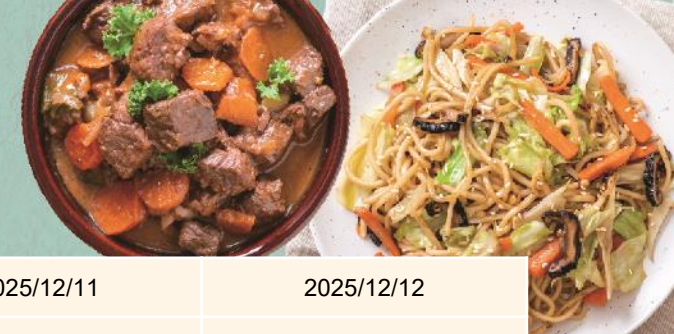
Date	2025/12/1	2025/12/2	2025/12/3	2025/12/4	2025/12/5
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Xiaolongbao/Milk/Banana Allergy: Pumpkin	Soft Roll/Milk/Honeydew Melon Allergy: Steamed sweet potato	Scallion Roll/Milk/Dragon Fruit Allergy: Carrot	Meat floss bread/Milk/Cantaloupe Allergy: Fermented rice cake /Corn	Steamed Bun/Milk/Cherry Tomato Allergy:Steamed sweet potato
Main Course	Steamed Meat Patties with Egg Allergy: Pork with celery	Pan-Fried Beef Patties Allergy: Chicken with Shiitake Mushrooms Braised Chicken in tomato Sauce Stir-Fried Pork with Cucumber	Handmade braised small meatballs with water chestnuts Allergy: Stir-fried Duck	Crispy Fried Fish Fillet Allergy: Stir-fried Pork BBQ Pork Allergy:Chicken with carrot	Duck Breast in Five-Spice Sauce Allergy: Braised Beef with celery Stewed Shrimps with Tofu Allergy: Pork with bell peppers
Vegetables	Garlic Spinach	Broccoli Roasted Pumpkin	Stir-fried Celery with Dried Tofu Allergy: Stir-fried Celery	Stir-fried Mixed Vegetables Stir-fried Courgette	Stir-fried Greens with mushrooms Stir-fried Lettuce
Staple Food	Dumplings Allergy: Rice	Mini Burgers/Rice Allergy: Rice	Fried Udon Noodles(Cabbage,carrot,pork) Allergy: Fried Rice	Macaroni Allergy: Rice	Purple Rice
Fruits	Fruits				
Afternoon Snack	Steamed Corn Cob/Orange/Yoghurt	Red Date and Longan Congee/Vanilla Butter Biscuits Allergy: Purple Potato	Vegetable Rice Ball/ blueberry, Cherry Tomato/Yoghurt	Vegetable Noodles/Pear	Millet Rice Cake/Banana/Yoghurt
			Nutritional readings over the week		Milk Allergy: Juice/Soy Milk
			Red meat: 14%	Vegetables 27%	
			White meat / lean protein: 27%	Starch: 31%	
			Fried: 1%		





WELLINGTON COLLEGE
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EARLY YEARS CENTRE LUNCH MENU



Date	2025/12/8	2025/12/9	2025/12/10	2025/12/11	2025/12/12
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Meat Bun/Milk/Dragon Fruit Allergy: Purple Potato	Bacon and Cheese Bread/Milk/Cherry Tomato Allergy: Fermented rice cake/Carrot	Scallion Pancake/Milk/Honeydew Melon Allergy: Potato	Butter Corn Cob/Milk/Cantaloupe Allergy: Steamed Corn Cob	Breakfast Pie/Milk/Banana Allergy: Sweet Potato
Main Course	Taiwan-Style Minced Pork Allergy: Chicken with Carrot Stir-Fried Shredded Pork with Water Bamboo Allergy: Pork in Tomato Sauce	Hot Dog Allergy: Stir-fried Duck Braised Chicken in tomato Sauce Allergy: Shrimp with celery	Char Siu Pork Allergy: Stir-fried Duck	Roasted Cajun Chicken Allergy: Stir-fried pork and mushrooms	Stir-Fried Beef with King Oyster Mushrooms Allergy: Stir-fried chicken with scallion Scrambled Eggs with Tomatoes Allergy: Pork with bell peppers
Vegetables	Stir-fried Cantonese Choy Sum Cabbage	Stir-fried Spinach Scalded Cauliflower	Stir-fried Chinese Cabbage with Fried Tofu Puffs Allergy: Stir-fried Chinese Cabbage	Garlic Broccoli Scalded Courgette	Stir-fried Lettuce Braised Radish in Soy Sauce Allergy: Stir-fried Radish
Staple Food	Rice	Rice	Dry-Fried Beef Rice Noodles Allergy: Fried Rice Noodles	Creamy Bacon Macaroni Allergy: Macaroni/Rice	Black Rice
Fruits	Fruits				
Afternoon Snack	Black Rice Cake/Pear/Yoghurt	Red Bean and Pearl Barley Congee/Buttered Toast Allergy: Pumpkin	Steamed Purple Potato/Grapes/Yoghurt	Eight-Treasure Congee/Waffle Allergy: Soda Crackers	Osmanthus Rice Cake/Dragon Fruit/Yoghurt
			Nutritional readings over the week		Milk Allergy: Juice/Soy Milk
			Red meat: 17%	Vegetables 28%	
			White meat / lean protein: 25%	Starch: 30%	
			Fried: 0%		





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EARLY YEARS CENTRE LUNCH MENU



Date	2025/12/15	2025/12/16	2025/12/17	2025/12/18	2025/12/19
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Xiaolongbao/Milk/Honeydew Melon Allergy: Pumpkin	Croissant/Milk/Cherry Tomato Allergy: Osmanthus Rice Cake	SiuMai/Milk/Banana Allergy: Potato	Soft Roll/Milk/Dragon Fruit Allergy: Purple Potato	Veg. Bun/Milk/Cantaloupe Allergy: Corn
Main Course	Beijing-Style Shredded Pork Allergy: Duck with Carrot Stir-fried Chicken with asparagus lettuce Allergy: Stir-fried beef with green bell peppers	Stir-Fried Garlic Shrimp with Mushrooms Allergy: Pork with bell peppers	Braised Diced Beef with King Oyster Mushrooms in Soy Sauce Allergy: Stir-fried Duck Scrambled Eggs with Tomatoes Allergy: Pork with celery	Chicken Curry Allergy: Chicken with Shiitake Mushrooms Homemade Bolognese Allergy: Stir-fried Beef	Duck in Five-Spice Sauce Allergy: Pork with Carrot Fish Fillets in tomato sauce Allergy: Chicken with green bell peppers
Vegetables	Cabbage Black Wood Ear Mushrooms and Cantonese Choy Sum	Stir-fried Spinach Stir-fried celery and corn	Shiitake Mushrooms with Greens Stir-Fried Baby Bok Choy with Carrots	Broccoli Mixed Vegetables in butter Allergy: Stir-fried mixed vegetables	Stir-fried Pak-Choi Stir-fried Celery with Dried Tofu Allergy: Stir-fried Celery
Staple Food	Rice	Salami Pizza Allergy: Cheese-Free Pizza/Rice	Purple Rice	Pasta Allergy: Rice	Rice
Fruits	Fruits				
Afternoon Snack	Roasted Sweet Potato/Pear/Yoghurt	Snow Fungus and Lotus Seed Soup/Butter Cake Allergy: Vegetable Rice Ball	Millet Rice Cake/Apple/Yoghurt	Tomato, Greens and Dough Drop Soup/Orange	Fermented rice cake/Pear/Yoghurt
			Nutritional readings over the week		Milk Allergy: Juice/Soy Milk
			Red meat: 16%	Vegetables 27%	
			White meat / lean protein: 27%	Starch: 30%	
			Fried: 0%		

