



WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

EARLY YEARS LUNCH MENU

Date	2025/05/05 Monday	2025/05/06 Tuesday	2025/05/07 Wednesday	2025/05/08 Thursday	2025/05/09 Friday
Morning Snack	Breakfast cake / Milk / Dragon Fruit Allergy: Purple sweet potato	Scallion Roll / Milk / Banana Allergy: Carrot	Scallion pancake/Milk/ Honeydew Melon Allergy: Corn	Veg bun/Milk/ Honey Melon Allergy: Sweet potato	Siu Mai / Milk / Banana Allergy: Purple Sweet Potato
Main Course	Stir-fried Beef with Mushroom Allergy: Stir-fried chicken with scallions Salted egg yolk with tofu Allergy: Bell Pepper with Pork	Pan-fried Sausage Allergy: Stir-fried duck	Duck Breast with Five Spice Sauce Allergy: Stir-fried chicken with carrot Crispy fried fish fillet Allergy: Pork in tomato sauce	Pan-fried Beef Patties Allergy: Pan-fried duck breast Creamy white jade mushroom and chicken Allergy: Stir-fried Mushrooms with Pork	Chicken in Soy sauce Allergy: Stir-fried Shrimp with celery Tomato with scrambled eggs Allergy: Stir-fried mushrooms with pork
Vegetables	Stir-Fried Lettuce Cabbage	Garlic Broccoli Scalded Zucchini	Stir-fried Cantonese Choy Sum Braised White Radish Allergy: Steamed Eggplant	Stir-fried Spinach Scalded Cauliflower	Stir-fried greens with Mushrooms Stir-fried Chinese Cabbage with Tofu Puffs Allergy: Stir-fried Chinese cabbage
Staple food	Rice	Creamy Bacon Pasta Allergy: Pasta/Rice	Black rice	Mini Burger/Rice	Rice
Fruit	Fruit				
Afternoon snack	Millet cake / Pear /Yogurt Allergy: Baked potato	Purple rice sweet potato Porridge / Soda Crackers Gluten-Free: Yam	Corn cob / Grapes /Yogurt Allergy: Vegetable rice ball	Pumpkin, snow fungus and goji berry porridge / Steamed Bun Allergy: Corn	Osmanthus cake / Watermelon /Yogurt
			Nutritional readings over the week		Milk Allergy: Apple Juice/Soy Milk
			Red meat: 17%	Vegetables 28%	
			White meat / lean protein: 25%	Starch: 30%	
			Fried: 0%		



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EARLY YEARS LUNCH MENU



Date	2025/05/12	2025/05/13	2025/05/14	2025/05/15	2025/05/16
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Meat bun / Milk / Banana Allergy: Sweet potato	Soda Crackers /Milk/Honey melon Allergy: Carrot	Siu Mai / Milk / Dragon fruit Allergy: Pumpkin	Croissant/ Milk / Honeydew Melon Allergy: Purple Sweet Potato	Veg bun / Milk / Dragon fruit Allergy: Corn
Main Course	Sweet and sour pork Allergy: Stir-fried Carrot with Chicken Stir-fried Eggs with Cucumber Allergy: Stir-fried duck breast	Curry Beef Allergy: Chicken with Bell Peppers	Braised Chicken and King Oyster Mushroom Allergy: Stir-Fried Duck Steamed Egg with Shrimp and Green Pea Allergy: Stir-Fried Pork with Celery	BBQ Pork Allergy: Mushroom chicken Bolognese Allergy: Steamed Fish Fillet	Five-Spice Sauce Duck Allergy: Stir-fried Carrot with pork Pork Patty with Egg Allergy: Stir-fried Beef with Celery
Vegetables	Cabbage Black Fungus with Cantonese Choy Sum	Stir-fried Spinach Stewed Vegetable (Potato,Carrot,Celery,Onio n,Eggplant and Zucchini)	Lettuce in Oyster Sauce Allergy: Stir-fried lettuce Green pepper with potatoes	Broccoli Butter Mixed Vegetables (Carrot, Corn, Green Peas) Allergy: Stir-fried Mixed Vegetables	Stir-fried mung bean sprouts Garlic Crown Daisy
Staple food	Rice	Margarita Pizza Allergens: Cheese-Free Pizza/Rice	Purple rice	Pasta Allergy: Rice	Rice
Fruit	Fruit				
Afternoon Snack	Steamed Bun/ Orange /Yogurt Allergy: Vegetable Rice Ball	Black Rice and Red Date Porridge/Cheese Bread Allergy: Osmanthus cake	Black Rice Cake / Apple /Yogurt Allergy: Brown sugar bun Gluten-Free: Sweet Potato	Small Wontons / Pear Allergy: Millet and Pumpkin Porridge	Brown Sugar Cake / Ginseng Fruit /Yogurt Gluten-Free: Carrot
			Nutritional readings over the week		Milk Allergy: Apple Juice/Soy Milk
			Red meat: 16%	Vegetables 27%	
			White meat / lean protein: 26%	Starch: 30%	
			Fried: 1%		



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EARLY YEARS LUNCH MENU



Date	2025/05/19	2025/05/20	2025/05/21	2025/05/22	2025/05/23
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Scallion Roll / Milk / Honey Melon Allergy: Sweet potato	Veg Bun / Milk / Banana Allergy: Pumpkin	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 Roast Garlic Honey Chicken Allergy: Mushroom and Shrimp	Sweet and Sour Fish Fillet with Bell Peppers Allergy: Stir-fried chicken and Cucumber Mu Shu Egg Allergy: Mixed Vegetable and pork	Stewed Beef Allergy: Celery with Pork Spiced Roasted Chicken Allergy: Mushroom with Duck	Braised minced pork with vermicelli Allergy: Sauteed pork and carrot/Bell Pepper with chicken
Vegetables	Stir-fried Lettuce Garlic Spinach	Roasted vegetables Mix (Eggplant, Zucchini, Bell Pepper) Scalded Cauliflower	Sauteed Shanghai Greens Sauteed Celery with Dry Tofu Allergy: Stir-fried Mushrooms	Stir-fried Spinach Scalded Broccoli	Cantonese choy sum
Staple Food	Rice	Hot Dog Bun	Black Rice	Pasta Allergy: Rice	Cabbage and Pork Dumplings Allergy: Vegetarian Dumplings/Rice
Fruit	Fruit				
Afternoon snack	Spring Rolls / Orange /Yogurt Allergy: Corn	Black Rice and Red Bean Porridge / Soda Crackers Gluten-Free: Mashed Potato	Black Rice Cake/ Blueberries, Cherry Tomatoes /Yogurt Allergy: Vegetable Rice Ball	Red date millet porridge/Custard Bun Allergy: Osmanthus cake	Brown Sugar Bun / Dragon Fruit/Yogurt Gluten-Free: Pumpkin
			Nutritional reading over the week		Milk Allergy: Apple Juice/Soy Milk
			Red meat: 18%	Vegetables 27%	
			White meat / lean protein: 25%	Starch: 30%	
			Fried: 0%		



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EARLY YEARS LUNCH MENU

Date	2025/05/26	2025/05/27	2025/05/28	2025/05/29	2025/05/30
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Meat bun / Milk / Banana Allergy: Corn	Croissant / Milk / Honey Melon Allergy: Sweet potato	Scallion pancake / Milk / Dragon Fruit Allergy: Purple Sweet Potato	Siu Mai / Milk / Melon Allergy: Pumpkin	Veg bun / Milk / Banana Gluten-Free: carrot
Main Course	Fish fillet in tomato sauce Allergy: Stir-fried chicken and Scallion Braised pork 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	Steamed eggs with Shrimp, crab Stick and green peas Allergy: Celery and beef Curry Chicken Allergy: Stir-fried duck	BBQ Pork Allergy: Ginger duck	Braised Pork with Tofu Puffs Allergy: Bell pepper and beef Curry Duck Allergy: Stir-fried Chicken
Vegetables	Stir-fried Cabbage Stir-fried Spinach	Stir-fried corn with green peas Scalded celery	Cantonese choy sum Braised deep-fried bean curd Allergy: Stir-fried Chinese Cabbage	Scalded spinach Stir-fried zucchini	Stir-fried lettuce Steamed pumpkin
Staple food	Rice	French Fries/Rice Allergy: Rice	Millet Rice	Bolognese Pasta Allergy: Rice	Fried Rice Noodles Allergy: Soup Rice Noodles
Fruit	Fruit				
Afternoon Snack	Brown Sugar Cake / Orange /Yogurt Gluten-Free: Vegetable Rice Ball	Pumpkin Black Rice Porridge / Millet Cake Allergy: Potato	Buttered Toast / Banana /Yogurt Allergy: Osmanthus Cake	Vegetables Noodle / Pear Gluten-Free: Vegetable Porridge	Custard Bun / Ginseng Fruit /Yogurt Allergy: Mashed Purple Sweet Potato
			Nutritional readings over the week		Milk Allergy: Apple Juice/Soy Milk
			Red meat: 18%	Vegetables: 27%	
			White meat / lean protein: 26%	Starch: 28%	
			Fried: 1%		