



WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

EARLY YEARS LUNCH MENU



Date	2025/06/02	2025/06/03	2025/06/04	2025/06/05	2025/06/06
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Breakfast Cake / Milk / Banana Allergy: Purple Sweet Potato	Meat buns / Milk / Dragon Fruit Allergy: Carrot	Veg bun/Milk/ Honey Melon Allergy: Sweet potato	Pork Floss Bread / Milk / Dragon Fruit Allergy: Corn	Scallion Roll/Milk/Honeydew Melon Allergy: Pumpkin
Main Course	Braised Pork in Soy Sauce Allergy: Stir-fried Chicken Scrambled Eggs with Tomato Allergy: Stir-fried pork and mushrooms	Honey Garlic Roasted Chicken Allergy: Pork with Carrots Curry Beef Allergy: Steamed fish fillet	Curry duck breast Allergy: Steamed Egg Braised Beef and Minced Vermicelli Allergy: Stir-fried Pork with Green Peppers	Bolognese Allergy: Fried chicken with mushrooms Baked egg with bacon and shrimp Allergy: Stir-fried Pork with Corn, Peas and Carrot	Braised Beef with Potatoes in Zhu Hou Sauce Allergy: Pan-fried Duck Breast
Vegetables	Mushroom and Greens Stir-Fried Celtuce	Stir-fried Celery with Corn Cantonese Choy Sum	Stir-fried Lettuce Stir-fried Green Bean Sprouts	Stir-fried Zucchini with Tomatoes Garlic Spinach	Cabbage with Carrot
Staple Food	Rice	Salami Pizza / Rice Allergy: Cheese-Free Pizza / Rice	Black Rice	Pasta Allergy: Rice	Stir-Fried Noodles with Greens and Pork Allergy: Fried Rice(no soy sauce)
Fruit	Fruit				
Afternoon Snack	Black Rice Cake/ Honey Melon /Yogurt Allergy: Brown Sugar Bun Gluten-Free: Corn	Rock Sugar Pear Soup/Waffle Allergy: Pumpkin	Steamed Bun/ Orange /Yogurt Gluten-Free: Vegetable Rice Ball	Mung Bean Sweet Soup/Soda Crackers Gluten-Free: Baked Potato	Custard Bun / Pear /Yogurt 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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EARLY YEARS LUNCH MENU

Date	2025/06/09	2025/06/10	2025/06/11	2025/06/12	2025/06/13
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Meat bun / Milk / Dragon fruit Allergy: Sweet potato	Soda Crackers/Milk/Honey Melon Allergy: Corn	Steamed Bun / Milk / Banana Allergy: Pumpkin	Scallion Pancake / Milk / Dragon Fruit Allergy: Carrot	Veg Bun/Milk/Honeydew Melon Allergy: Purple Sweet Potato
Main Course	Hong Kong Style Honey Barbecue Pork Allergy: Stir-fried mushroom and eggs Stir-fried pork with carrots	Hot Dog Sausage Allergy: Mushroom Shrimp Roasted Chicken with Orange Flavor Allergy: Stir-fried duck breast	Steamed eggs with shrimp, crab meat Stick and green peas Allergy: Stir-fried cucumber and chicken Stir-fried Beef and King oyster mushroom Allergy: Stir-Fried Pork and Bell Pepper	Mexican Pork Sauce Allergy: Stir-fried Bell Pepper and Duck BBQ Chicken Allergy: Steamed Fish Fillets	Stewed Beef and radish Allergy: Celery with pork Stir-fried celtuce and eggs Allergy: Stir-fried Chicken with Corn, Green Peas and Carrot
Vegetables	Cantonese choy sum	Stir-fried Zucchini Butter Broccoli Allergy: Sauteed Broccoli	Lettuce in Oyster Sauce Allergy: Stir-fried lettuce Cabbage	Stir-fried Corn and Green Peas Roasted Vegetables (Eggplant, Zucchini, Bell Peppers, Onion)	Scallion Oil Taro Garlic Crown Daisy
Staple food	Stri-fried Rice Noodles with Beef Allergy: Stir-fried Rice Noodles	Hot dog Bun / Rice Allergy: Rice	Rice	Macaroni Allergy: Rice	Quinoa Rice
Fruit	Fruit				
Afternoon Snack	Osmanthus Cake/ Pear /Yogurt	Snow fungus and Goji Berry soup / Chocolate Bread Allergy: Steamed Potato	Brown sugar bun / Blueberries, cherry tomatoes /Yogurt Gluten-Free: Mashed Purple Sweet potato	Small wontons / Orange Allergy: Purple Rice Porridge	Buttered toast / Ginseng fruit /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%		



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EARLY YEARS LUNCH MENU

Date	2025/06/16	2025/06/17	2025/06/18	2025/06/19	2025/06/20
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Siu Mai / Milk / Banana Allergy: Steamed Pumpkin	Veg Bun / Milk / Honey Melon Gluten-Free: Steamed Sweet Potato	Scallion Roll / Milk / Dragon Fruit Allergy: Purple sweet potato	Hot Dog Roll / Milk / Melon Allergy: Corn	Steamed bun / Milk / Banana Allergy: Sweet Potato
Main Course	Braised Chicken Allergy: Stir-fried shrimp with Carrot, Corn and Green Pea Stir-fried pork with carrots Allergy: Ginger duck	Pan-fried Beef Patties Allergy: Mushroom Chicken Crispy Fried Fish Fillet Allergy: Sauteed Pork Slices	Duck Breast with Five Spice Sauce Allergy: Celery and Beef Salted egg yolk with tofu Allergy: Bell Pepper Chicken	Bacon Shrimp Omelette Allergy: Stir-fried Cucumber and Pork Stewed Beef Allergy: Mushroom and Chicken	Chicken in Tomato Sauce Allergy: Sauteed Duck
Vegetables	Garlic Spinach Stir-Fried Lettuce	Broccoli Steamed pumpkin	Mushroom and Greens Braised deep-fried bean curd in five spice sauce Allergy: Stir-fried Chinese Cabbage	Stir-fried Mixed Vegetable (Carrot, corn, green peas) Scalded zucchini	Stir-fried Celery with Dried Tofu Allergy: Stir-Fried Celery
Staple food	Rice	Mini Burgers/Rice Allergy: Rice	Purple rice	Macaroni Allergy: Rice	Stir-fried Udon Noodles (cabbage, carrot, pork) Allergy: Fried Rice(no Soy Sauce)
Fruit	Fruit				
Afternoon snack	Brown Sugar Bun/ Orange /Yogurt Allergy: Mashed Potatoes	Red Bean and Corn Soup/ Cheese Bread Allergy: Carrot	Dumplings / Honey Melon /Yogurt Allergy: Osmanthus Cake	Vegetable Noodles / Pear Gluten-Free: Vegetable Congee	Millet Cake / Watermelon /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%		