



WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

EARLY YEARS CENTRE LUNCH MENU



Date	2026/1/5	2026/1/6	2026/1/7	2026/1/8	2026/1/9
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Meat Bun / Milk / Cantaloupe Allergy: Corn/Juice	Croissant / Milk / Banana Allergy: Steamed Bun/Soy milk	Scallion Pancake/Milk/Cherry Tomatoes Allergy: Roasted Potato/Apple/Juice	Buttered Corn Cob /Milk/Honeydew Melon Allergy: Steamed Corn Cob/Soy milk	Veg. Bun/Milk/Dragon Fruit Allergy: Carrot/Juice
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	Homemade Pan-Fried Beef Patties Allergy: Pork 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 Fish Fillets in Tomato Sauce 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
Soup	Seaweed and Egg Soup	Cream of Carrot Soup	Chicken and Corn Soup	French Oxtail Soup	Pork and Kelp Soup
Afternoon Snack	Osmanthus Rice Cake/Apple	Mini Muffins/Honeydew Melon/Cheese Stick Allergy: Pumpkin	Custard Bun/Cantaloupe Allergy: Vegetable Rice Ball	Tomato, Greens and Dough Drop Soup/Orange/Cheese Stick Allergy: Vegetable Congee	Steamed Purple Potato/Pear
		Alternative soup for allergic children: Seasonal Vegetable Soup	Nutritional readings over the week		
			Red meat: 18%		Vegetables 27%
			White meat / lean protein: 27%		Starch: 28%
			Fried: 0%		



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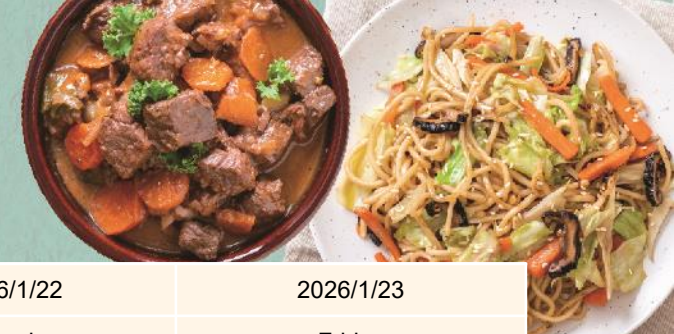


Date	2026/1/12	2026/1/13	2026/1/14	2026/1/15	2026/1/16
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Xiaolongbao/Milk/Tangerine Allergy: Pumpkin/Pear/Juice	Soft Roll/Milk/Dragon Fruit Allergy: Carrot/Oat Milk	Scallion Roll/Milk/Honeydew Melon Allergy: Sweet Potato/Juice	Meat floss bread/Milk/Cantaloupe Allergy: Steamed Cake/Soy milk	Siu Mai/Milk/Cherry Tomato Allergy: Corn/Pear/Juice
Main Course	Sweet and Sour Fish and Pineapple Allergy: Stir-Fried Sliced Pork with Carrots/Stir-Fried Sliced Beef with Green Peppers	Hot Dog Allergy: Stir-fried Duck BBQ Pork Allergy: Shrimp with mushrooms	Braised Pork Allergy: Beef with Bell Peppers Scrambled Eggs with Tomatoes Allergy: Chicken with Green Bell Peppers	Beef Curry Allergy: Pork and Celery French-Style Duck Breast with Orange Allergy: Shrimps with mixed vegetables	Scrambled Egg with Shrimps Allergy: Stir-fried Duck Braised Minced Pork with Vermicelli Allergy: Pork with Celery
Vegetables	Cantonese Choy Sum	Roasted vegetables (aubergine, courgette, bell peppers) Scalded Broccoli	Stir-fried Pak-Choi Garlic Spinach	Stir-fried Cabbage Scalded Cauliflower	Stir-Fried Shiitake Mushrooms with Greens Stir-Fried Baby Pak Choi with Carrots Allergy: Stir-Fried Baby Pak Choi
Staple Food	Dumplings Allergy: Rice	Rice	Rice	Rice/Chips Allergy: Rice	Purple Rice
Soup	Winter Melon, Black Fungus and Pork Soup	Minestrone	Chicken soup with tea tree mushrooms	Cream of Corn soup	Taro and Duck Soup
Afternoon Snack	Black Rice Cake/Apple Allergy: Mashed Sweet Potato	Vanilla Butter Biscuits/Cheese Stick/Banana Allergy: Purple Potato	Vegetable Rice Ball/ Blueberry, Cherry Tomato	Purple Rice, white fungus & Longan Congee/Pear/Cheese Stick Allergy: Potato	Spring Rolls/Apple Allergy: Osmanthus Rice Cake
		Alternative soup for allergic children: Seasonal Vegetable Soup		Nutritional readings over the week	
				Red meat: 19%	Vegetables 27%
				White meat / lean protein: 25%	Starch: 28%
				Fried: 1%	



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Date	2026/1/19	2026/1/20	2026/1/21	2026/1/22	2026/1/23
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Veg. Bun/Milk/Honeydew Melon Allergy: Pumpkin/Juice	Soft Bread/Milk/Cantaloupe Allergy: Carrot/Oat milk	Meat Bun/Milk/Tangerine Allergy: Roasted Potato/Pear/Juice	Bacon and Cheese Bread/Milk/Cherry Tomato Allergy: Steamed Bun/Orange/Soy milk	Corn Cob/Milk/Dragon Fruit/Juice
Main Course	Sweet and Sour Shrimps Allergy: Sliced Pork with Bell Peppers/Stir-Fried Sliced Duck	Beef Curry Allergy: Duck with bell peppers Orange-infused Roasted Chicken Thigh Allergy: Pork with Green Bell Peppers	Homemade Hong Kong-Style Char Siu Allergy: Stir-Fried 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 Cabbage	Stir-fried Spinach Roasted Pumpkin	Scalded Chinese Broccoli Sprouts Stir-Fried Cauliflower and Carrots Allergy: Stir-Fried Cauliflower	Broccoli Mixed Vegetables in butter Allergy: Stir-fried mixed vegetables	Stir-fried Cantonese Choy Sum Pak-Choi
Staple Food	Stir-Fried Salmon Noodles (with Corn, Green Peas & Carrots) Allergy: Fried Rice with Sliced Pork & Mixed Vegetables	Rice	Hong Kong-Style Stir-Fried Vermicelli with Shrimps Allergy: Rice	Macaroni Allergy: Rice	Rice
Soup	Tomato and Egg Soup	Cream of Cauliflower Soup	Spinach and Pork Liver Soup	Cream of Potato Soup	Corn, Carrot and Chicken Soup
Afternoon Snack	Roasted Sweet Potato/Pear	Egg Tarts/Grapes/Cheese Stick Allergy: Mashed Purple potatoes	Osmanthus Rice Cake/Orange	Millet & Red Date Congee/Apple/Cheese Stick	Pumpkin Cake/Banana
		Alternative soup for allergic children: Seasonal Vegetable Soup		Nutritional readings over the week	
				Red meat: 16%	Vegetables 27%
				White meat / lean protein: 26%	Starch: 30%
				Fried: 1%	



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Date	2026/1/26	2026/1/27	2026/1/28	2026/1/29	2026/1/30
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Beef and Vegetable Pie/Milk/Honeydew Melon Allergy: Purple Potato/Juice	Meat floss bread/Milk/Cherry Tomato Allergy: Steamed Cake/Oat milk	Veg. Bun/Milk/Cantaloupe Allergy: Purple Potato/Juice	Croissant/Milk/Dragon Fruit Allergy: Osmanthus Rice Cake/Soy milk	Scallion Roll/Milk/Tangerine Allergy: Pumpkin/Apple/Juice
Main Course	Taiwan-Style Minced Pork Allergy: Chicken with Carrot Scrambled Eggs with Cucumber Allergy: Duck with Yam	Garlic-Flavored Roasted Chicken Allergy: Beef with Celery	Duck Curry Allergy: Steamed Egg Shanghai-style Eel Shreds 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 Lettuce in Oyster Sauce Allergy: Stir-Fried Lettuce	Stir-Fried Celery with Corn Scalded Cauliflower	Cantonese Choy Sum Chinese Broccoli Sprouts	Stir-Fried Courgette with Tomatoes Allergy: Stir-Fried Courgette Garlic Spinach	Stir-Fried Baby Bok Choy with Carrots Allergy: Baby Bok Choy
Staple Food	Rice	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
Soup	West Lake Beef Soup	Cream of Broccoli Soup	Chinese Yam and Black Fungus Pork Soup	Cream of Pumpkin Soup	Mushroom and Chicken Soup
Afternoon Snack	Black Rice Cake/Banana Allergy: Vegetable Rice Ball	Buttered Toast/Dragon Fruit/Cheese Stick Allergy: Pumpkin	Steamed Sweet Potato/Apple	Taro Sago Soup/Orange/Cheese Stick	Millet Cake/Pear Allergy: Carrot
		Alternative soup for allergic children: Seasonal Vegetable Soup		Nutritional readings over the week	
				Red meat: 14%	Vegetables 29%
				White meat / lean protein: 25%	Starch: 32%
				Fried: 0%	