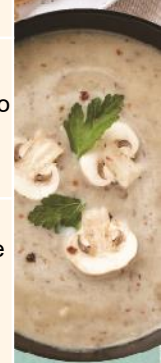




WELLINGTON COLLEGE  
INTERNATIONAL  
SHANGHAI

# EARLY YEARS CENTRE LUNCH MENU



Date	2026/2/2	2026/2/3	2026/2/4	2026/2/5	2026/2/6
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Xiaolongbao/Milk/Banana Allergy: Pumpkin/Juice	Soft Roll/Milk/Honeydew Melon Allergy: Steamed Bun Gluten-free: Sweet Potato/Oat milk	Scallion Roll/Milk/Dragon Fruit Allergy: Carrot/Juice	Soft bread/Milk/Cantaloupe Gluten-free: Purple Potato/Soy milk	Steamed Bun/Milk/Cherry Tomato Allergy: Sweet Potato/Juice
Main Course	Steamed Meat Patties with Egg Allergy: Pork with celery	Homemade Pan-Fried Beef Patties Allergy: Chicken with Shiitake Mushrooms Italian-Style 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: Beef with celery Braised Tofu with Shrimps and Mushrooms 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	Wonton Allergy: Rice	Mini Burgers/Rice Allergy: Rice	Fried Udon Noodles(Cabbage,carrot,pork) Allergy: Fried Rice(No soy sauce)	Macaroni Allergy: Rice	Purple Rice
Soup	Kelp and Tofu Soup	Cream of Cauliflower Soup	Tomato and Egg Soup	Cream of Carrot Soup	Winter Melon and Pork Soup
Afternoon Snack	Steamed Corn Cob/Orange	Egg Tarts/Apple/Cheese Stick Allergy: Purple Potato	Vegetable Rice Ball/ blueberry, Cherry Tomato	Vegetable Noodles/Pear/Cheese Stick Allergy: Vegetable Congee	Steamed Cake / Banana Allergy: Mashed Potatoes
		Alternative soup for allergic children: Seasonal Vegetable Soup	Nutritional readings over the week		
			Red meat: 14%		Vegetables 27%
			White meat / lean protein: 27%		Starch: 31%
			Fried: 1%		



WELLINGTON COLLEGE  
INTERNATIONAL  
SHANGHAI

# EARLY YEARS CENTRE LUNCH MENU



Date	2026/2/9	2026/2/10	2026/2/11	2026/2/12	2026/2/13
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Meat Bun/Milk/Dragon Fruit Allergy: Carrot/Juice	Bacon and Cheese Bread/Milk/Cherry Tomato Allergy: Steamed rice cake Gluten-free: Purple Potato/Oat milk	Scallion Pancake/Milk/Honeydew Melon Allergy: Sweet Potato/Juice	Buttered Corn Cob/Milk/Cantaloupe Allergy: Steamed Corn Cob/Soy milk	Steamed Dumplings/Milk/Banana Allergy: Osmanthus Rice Cake/Juice
Main Course	Braised Vermicelli with Minced Meat Allergy: Pork in Tomato Sauce	Hot Dog Allergy: Stir-fried pork with Mushrooms Braised Duck in Tomato Sauce Allergy: Chicken with carrot	Homemade Hong Kong-Style Char Siu Allergy: Stir-fried Duck	Roasted Cajun Chicken Allergy: Stir-fried pork and mushrooms	Shanghai-style Eel Shreds Allergy: Stir-Fried Chicken with Chives Scrambled Eggs with Tomatoes Allergy: Stir-Fried Sliced 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 White Radish Allergy: Stir-fried White Radish
Staple Food	Salmon & Egg Fried Rice Allergy: Rice	Rice	Dry-Fried Beef Rice Noodles Allergy: Fried Rice Noodles	Creamy Bacon Macaroni Allergy: Macaroni/Rice	Black Rice
Soup	Chicken soup with tea tree mushrooms	Minestrone	Spinach and Pork Liver Soup	French Oxtail Soup	Chinese Yam and Duck Soup
Afternoon Snack	Black Rice Cake/Pear Allergy: Vegetable Rice Ball	Buttered Toast/Orange/Cheese Stick Allergy: Pumpkin	Steamed Purple Potato/Grapes	Eight-Treasure Congee/Apple/Cheese Stick	Spring Rolls/Tangerine Allergy: Potato
		Alternative soup for allergic children: Seasonal Vegetable Soup	Nutritional readings over the week		
			Red meat: 17%		Vegetables 28%
			White meat / lean protein: 25%		Starch: 30%
			Fried: 0%		

