



WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

EARLY YEARS CENTRE LUNCH MENU



Date	2026/3/2	2026/3/3	2026/3/4	2026/3/5	2026/3/6
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Meat Bun / Milk / Cantaloupe Allergy: Corn/Juice	Croissant / Milk / Banana Allergy: Steamed Bun/Oat Milk Gluten-free: Sweet Potato/Oat Milk	Scallion Pancake/Milk/Cherry Tomatoes Allergy: Roasted Potato/Juice	Buttered Corn Cob /Milk/Honeydew Melon Allergy: Steamed Corn Cob/Soy Milk	Veg. Bun/Milk/Dragon Fruit Allergy: Carrot/Juice
Main Course	Taiwan-Style Minced Pork 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/Pork Slices in Tomato Sauce	Roasted Cajun chicken Allergy: Duck with Ginger Homemade Bolognese Allergy: Pork with carrot	Braised Duck Breast Allergy: Chicken with Green Bell Peppers Beef with Celery 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	Egg Tarts/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	2026/3/9	2026/3/10	2026/3/11	2026/3/12	2026/3/13
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Xiaolongbao/Milk/Cantaloupe Allergy: Pumpkin/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 Gluten-free: Purple Potato/Soy Milk	Siu Mai/Milk/Cherry Tomato Allergy: Corn/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: Steamed Fish Fillet	Braised Pork with Fried Tofu Allergy: Beef with Bell Peppers Scrambled Eggs with Tomatoes Allergy: Chicken with Green Bell Peppers	Beef Curry Allergy: Pork and Celery Roasted Duck Breast with Rosemary 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
Staple Food	Dumplings Allergy: Rice	Rice	Rice	Rice/Chips Allergy: Rice	Purple Rice
Soup	Winter Melon, Black Fungus and Pork Soup	Cream of Cauliflower Soup	Chicken soup with tea tree mushrooms	Cream of Corn soup	Taro and Duck Soup
Afternoon Snack	Black Rice Cake/Apple Allergy: 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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EARLY YEARS CENTRE LUNCH MENU



Date	2026/3/16	2026/3/17	2026/3/18	2026/3/19	2026/3/20
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Veg. Bun/Milk/Honeydew Melon Allergy: Pumpkin/Juice	Bacon and Cheese Bread/Milk/Cantaloupe Allergy: Carrot/Oat Milk	Meat Bun/Milk/Banana Allergy: Roasted Potato/Juice	Soft Bread/Milk/Cherry Tomato Allergy: Steamed Bun/Soy Milk Gluten-free: Purple Potato/Soy Milk	Corn Cob/Milk/Dragon Fruit Milk Allergy: Juice
Main Course	Assorted Shrimp Allergy: Sliced Pork with Bell Peppers/Stir-Fried Sliced Duck	Homemade Bolognese Allergy: Duck with bell peppers Garlic-roasted chicken thighs Allergy: Pork with Green Bell Peppers	Homemade Hong Kong-Style Char Siu Allergy: Stir-Fried Pork with Celery Hong Kong-Style stir-fried Vermicelli with Shrimps Allergy: Diced Chicken with Cucumber	Spiced Roast Chicken Allergy: Steamed Fish Fillet Hungarian Beef Goulash Allergy: Stir-fried Pork Slices with Mushrooms	Duck in Five-Spice Sauce Allergy: Beef with Celery Stir-fried Pork Slices with Cucumber Allergy: Chicken Slices in Tomato Sauce
Vegetables	Stir-fried Cabbage	Stir-fried Spinach Roasted Pumpkin	Scalded Chinese Broccoli Sprouts Stir-Fried Cauliflower and Carrots	Broccoli Mixed Vegetables in butter Allergy: Stir-fried mixed vegetables	Stir-fried Cantonese Choy Sum Pak-Choi
Staple Food	Salmon & Egg Fried Rice Allergy: Fried Rice with Sliced Pork & Mixed Vegetables	Fusilli Allergy: Rice	Rice	Bacon, Onion, and Green Beans Macaroni Allergy: Rice	Rice
Soup	Spinach and Pork Liver Soup	Minestrone	Tomato and Egg Soup	Cream of Potato Soup	West Lake Beef Soup
Afternoon Snack	Roasted Sweet Potato/Pear	Mini Muffins/Grapes/Cheese Stick Allergy: Purple potatoes	Pumpkin Cake/Orange Gluten-free: Vegetable Rice Ball	Millet & Red Date Congee/Apple/Cheese Stick	Osmanthus Rice 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	2026/3/23	2026/3/24	2026/3/25	2026/3/26	2026/3/27
	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: Potato/Oat Milk	Veg. Bun/Milk/Cantaloupe Allergy: Sweet Potato/Juice	Croissant/Milk/Dragon Fruit Allergy: Osmanthus Rice Cake/Soy Milk	Scallion Roll/Milk/Banana Allergy: Pumpkin/Juice
Main Course	Crispy Fried Cod Fillet Allergy: Duck with Yam Braised Chiba Tofu Slices with Minced Pork Allergy: Chicken with Carrot	Garlic-Flavored Roasted Chicken Allergy: Beef with Celery	Duck Curry Allergy: Shredded Pork with Water Bamboo Shanghai-style Eel Shreds Allergy: Shredded Chicken in Tomato Sauce	Baked Eggs with Bacon and Onions Allergy: Pork wit mixed vegetables Homemade Bolognese Allergy: Pan-fried Duck Breast	Beef and potatoes in Zhuhou Sauce Allergy: Stir-Fried Shredded Pork with Cucumber
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 Garlic Spinach	Stir-Fried Baby Bok Choy with Carrots
Staple Food	Rice	Bacon and Mushroom Pizza/Rice Allergy: Cheese-Free Pizza/Rice	Quinoa Rice	Pasta Allergy: Rice	Yangzhou Fried Rice Allergy: Stir-fried rice with Shredded Pork and Greens
Soup	Corn, Carrot and Chicken Soup	Cream of Broccoli Soup	Chinese Yam, Black Fungus and 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	Corn Cob/Apple	Purple Sweet Potato 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%	



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EARLY YEARS CENTRE LUNCH MENU



Date	2026/3/30	2026/3/31	2026/4/1	2026/4/2	2026/4/3
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Xiaolongbao/Milk/Cantaloupe Allergy: Pumpkin/Juice	Soft Roll/Milk/Honeydew Melon Allergy: Steamed Bun/Oat milk Gluten-free: Carrot/Oat milk	<p>Qing Ming</p> <p>Nutritional readings over the week</p> <p>Red meat: 15% Vegetables 27%</p> <p>White meat / lean protein: 27% Starch: 31%</p> <p>Fried: 0%</p>		
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			
Vegetables	Garlic Spinach	Broccoli Roasted Pumpkin			
Staple Food	Wontons Allergy: Rice	Mini Burgers/Rice Allergy: Rice			
Soup	Kelp and Tofu Soup	Cream of Cauliflower Soup			
Afternoon Snack	Steamed Sweet Potato/Orange	Egg Tarts/Apple/Cheese Stick Allergy: Purple Potato			
		Alternative soup for allergic children: Seasonal Vegetable Soup			