

Autumn Menu (A)

Oct2021 Revise (KY)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Break fast	Milk/ Jam Sandwich	Milk Oatmeal/ Animal Biscuit	Milk/ Egg Sandwich	Pork ˆ vegetables Macaroni	Milk Oatmeal with Egg/ Biscuit	Milk and Corn flake
Fruit and Drink	Orange water	Pear water	Banana water	Grape/Orange water	Apple water	water
Lunch	Gabbage grains, Chicken Red rice Soup with Corn, Meat, Egg	Beef, Pumpkin/Rice Soup with Cane, Carrot, Corn and Pork	Meat, Zucchini, Chicken Wings, Green bean noodles/ Rice Shenggua, Green bean noodles Meat Soup	Egg ˆ Tomato Pork Chop/ Red rice Candied dates, Snow fungus, Coconut and Chicken Soup	White Sauce, Gabbage, Carrot, Chicken and Egg/ Spaghetti Potato, Tomato, Tofu, Fish Tail Soup	Vegetables, Meat with Shanghai Noodle
Drink	water	water	water	water	water	
Snack Time	Yuba, Egg Sweet Soup/ Sesame Biscuit	Corn, Chicken with Macaroni	Gabbage, Beef Congee	Horlicks/ Cheese Bread	Peanut Butter Sandwich	

Remarks:

1. This menu has been reviewed by a registered dietitian, and the food mix is nutritionally balanced and meets the needs of children's growth and development
2. The daily food will be adjusted according to the market supply, and the menu posted at the door on that day shall prevail
3. Please pay attention to the announcement of the date of the autumn menu

Autumn Menu (B)

Oct2021 Revise (OL)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk/ Tuna Salad Sandwich	Milk Oatmeal with Egg, Biscuit	Egg Salad Sandwich	Chicken, vegetables Macaroni	Milk/ Boiled Egg	Milk/ Animal Biscuit
Fruit and Drink	Orange water	Apple water	Pear water	Pitaya water	Banana water	water
Lunch	Mixed Vegetables, Corn, Egg and Chicken Rice Zucchini, Mushroom and Meat Soup	Cucumber, Egg and Chicken with Red Rice Meat, Carrot, Apricot, Snow Fungus and Pork Soup	Vegetables, Tofu, Beef with Rice Winter Melon, Mushroom and Meat Soup	Peking Gabbage, Green bean noodles, Pork, Chicken Wings/ Red Rice Chestnut, Corn, Black Chicken Soup	Mushroom, Onion, White Sauce Chicken with Macaroni Sweet Corn, Egg and Tofu Soup	Vegetables, Egg, Meat with Macaroni
Drink	water	water	water	water	water	
Snack Time	chrysanthemum tea/ Cheese Bread	Lettuce, Meat Congee	Vegetables, Chicken with Rice noodles	Water/ Egg Tart	Milk/ Peanut Butter Sandwich	

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Autumn Menu (C)

Oct2021 Revise(MTW)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Break fast	Milk Oatmeal	Milk/ Grape Bread	Vegetable,Egg, Beef with Rice Noodles	Milk/ Egg Sandwich	Chicken, vegetables Macaroni	Milk/ Biscuit
Fruit and Drink	Apple water	Orange water	Pear water	Pitaya water	Banana water	water
Lunch	Tomato Egg, Pork Slice, Red Rice Beetroot 、 Sweet Corn and Pork Ribs Soup	Vegetable, Pork chop and Egg Rice Zucchini, Green Bean Nodles, Pork Soup	Salmon Fish, Egg, Corn with Fried Rice Meidou, Peanut, Pork Ribs Soup	Steamed Cake with Minced Pork and Horseshoe, Vegetables, Red Rice Papaya, Snow Fungus, Pork and Fish Tail Soup	Mushroom, Beef, Broccoli with Spaghetti Gabbage, Tomato, Carrot, Onion and Pork Soup	Tomato, Chicken with Macaroni
Drink	water	water	water	water	water	
Snack Time	Milk/ Corn and Chicken Omelet	Lettuce, Beef with Noodles	Sago, Red Bean Sweet Soup/ Onion Biscuit	Corn, Egg and Pork Congee	Milk/ Cheese Bread	

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Autumn Menu (D)

Oct2021 Revise (HM)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Break fast	Corn, Pork, Mushroom with Macaroni	Milk Oatmeal/ Biscuit	Gabbage, Meat with Rice Noodles	Milk and Corn flake	Milk/ Jam Sandwich	Milk/ Biscuit
Fruit and Drink	Pear water	Apple water	Pitaya water	Apple water	Orange water	water
Lunch	Vegetables, Steamed Pork and Egg/ Rice Sweet Corn, Seaweed, Sliced Egg with Soup	Egg, Meat, Zucchini, Fried Carrot/ Red Rice Chestnut, Carrot, Corn, Pork Soup	Pork Chop, Mushroom, Green Beans/ Rice Papaya and Fish Soup	Zucchini, Dried Shrimp, Sliced Carrot, Chicken Wings with Swiss Sauc/ Red Rice Corn, Fungus, Meat, Bamboo Fungus, Egg Thick Soup	Fried Egg with Tomato and Beef / Spaghetti Chayote, Apricot, Pork Ribs Soup	Cabbage, Carrot, Meat with Rice Noodles
Drink	water	water	water	water	water	
Snack Time	Milk/ Steamed Cake	Yuba, Egg Sweet Soup/ Biscuit	Honey Lemon Water/ Cheese Bread	Vegetables, Chicken with Spaghetti	Dried Shrimp, Sweet Corn with Scallion Pancakes	

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