

## 2022 Winter Menu (A)

Oct2022 Revise(HM)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Break fast</b>	Milk Peanut Butter/ Condensed Milk/ Jam Sandwich	Milk and Egg Oatmeal	Ovaltine Egg Sandwich/ Tuna Sandwich	Milk Honey Star/ Banana/ Corn Flake/ Dried Grape	Milk Boiled Egg	Corn Flake with Milk, Biscuit
<b>Fruit and Drink</b>	Apple/ Dragon Fruit water	Orange/ Banana water	Pear/ Tangerine water	Orange/ Banana water	Apple/ Dragon Fruit water	water
<b>Lunch</b>	Zucchini, Mushroom, Chicken Rice  Beetroot 、 Sweet Corn and Pork Ribs Soup	Ketchup, Onion, Pork chop with Rice  Papaya, Peanut, Snow Fungus, Black Eyed Bean, Pork Ham Soup	Swiss Sauce Chicken Wing, Hairy Gourd, Vermicelli, Rice  Kudzu, Octopus, Jujube, Pork Soup	Pineapple, Egg, Sweet Corn and Shrimp Fried Rice  Sea Whelk, Mushroom, Jujube, Chicken Soup	Choy Sum, Chicken, Mushroom, Cream Sauce with Macaroni  Cabbage, Tomato, Carrot, Potato and Beef Soup	Meat, Sliced Cabbage with Rice Noodles
<b>Drink</b>	water	water	water	water	water	
<b>Snack Time</b>	Sliced Chicken, Tomato Macaroni	Milk Corn, Chicken Omelet/ Carrot, Chicken Omelet	Vegetable, Pork with Rice Noodles	Milk Steamed Egg Bun	Milk Jam/ Condensed Milk/ Peanut Butter Pancake	

## 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

## 2022 Winter Menu (B)

Oct2022 Revise (HM)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Break fast</b>	Milk and Egg Oatmeal	Chicken, Mixed Bean with Gemelli Pasta	Horlicks Peanut Butter/ Condensed Milk/ Jam Sandwich	Milk Honey Star/ Banana/ Corn Flake/ Dried Grape	Water Boiled Egg	Milk Biscuit
<b>Fruit and Drink</b>	Apple/ Pear water	Dragon Fruit/ Banana water	Kiwi Fruit/ Orange water	Apple/ Tangerine water	Dragon Fruit/ Banana water	water
<b>Lunch</b>	Salmon, Egg, Cabbage Rice  Watercress, Carrot, Jujube with Pork Ham Soup	Potato, Chicken Wing, Broccoli, Quinoa Rice  Chayote, Apricot Kernel, Jujube, Pork Ham Soup	Cheese Spaghetti Bolognese  Black Eyed Bean, Peanut, Octopus, Jujube, Pork Ribs Soup	Tomato, Egg, Chicken Rice  Papaya, Snow Fungus, Meat, Fish Tail Soup	Cream, Cabbage, Mushroom, Sliced Chicken with Gemelli Pasta  Corn, Tofu, Egg Bamboo Fungus and Pork Soup	Lettuce, Meat with Rice Noodles
<b>Drink</b>	water	water	water	water	water	
<b>Snack Time</b>	Tomato, Minced Pork Macaroni	Milk Steamed Cake	Cabbage, Sliced Chicken with Rice Noodles	Soya Milk Peanut Butter/ Condensed Milk/ Jam/ Sandwich	Green Onion Pancake/ Corn Green Onion Pancake	

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## 2022 Winter Menu (C)

Oct2022 Revise (HM)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Break fast</b>	Milk Carrot, Chicken Chop Omelet	Mixed Bean, Pork with Macaroni	Milk Honey Star/ Banana/ Corn Flake/ Dried Grape	Milk Steamed Sweet Bun	Milk Peanut Butter/ Condensed Milk/ Jam Sandwich	Milk Salty Biscuit
<b>Fruit and Drink</b>	Apple/ Dragon Fruit water	Orange/ Banana water	Pear/ Tangerine water	Orange/ Banana water	Apple/ Dragon Fruit water	water
<b>Lunch</b>	Pumpkin, Pork Rib Rice  Green Radish, Carrot, Jujube with Beef Brisket Soup	Pineapple, Corn, Egg with Fried Rice Swiss Sauce Chicken Wing  Chayote, Jujube, Fish and Pork Ham Soup	Pork, Tomato, Egg Quinoa Rice  Chinese Yam, Black-Boned Chicken, Fig, Soup	Carrot, Chayote, Fried Beef Stroganoff Rice  Beetroot, Pork Soup	Chicken, Corn, Sliced Vegetable with Ketchup Macaroni  Tomato, Potato, Pork Rib Soup	Lettuce, Meat with Rice Noodles
<b>Drink</b>	water	water	water	water	water	
<b>Snack Time</b>	Corn, Mushroom, Chicken Congee	Ovaltine Condensed Milk, Jam/ Peanut Butter Pancake	Milk Boiled Egg/ Boiled Sweet Potato	Milk Corn, Sliced Chicken Omelet/ Carrot Sliced Chicken Omelet	Sweet Corn, Chicken with Gemelli Pasta	

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## 2022 Winter Menu (D)

Oct2022 Revise (HM)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Break fast</b>	Milk Honey Star/ Banana/ Corn Flake/ Dried Grape	Milk and Egg Oatmeal	Milk Peanut Butter/ Condensed Milk/ Jam Bread	Milk Boiled Egg	Ovaltine Egg Sandwich/ Tuna Sandwich	Milk Coix Seed Biscuit
<b>Fruit and Drink</b>	Orange/ Pear  water	Apple/ Banana  water	Dragon Fruit / Tangerine water	Apple/ Banana  water	Pear/ Orange  water	water
<b>Lunch</b>	Salmon, Egg, Sweet Corn, Fried Rice  Apple, Apricot Kernel, Jujube with Pork Ham Soup	Vegetable, Chicken, Carrot, Mushroom, Rice  Tomato, Cabbage, Onion and Potato Fish Tail Soup	Chayote, Chicken Chop, Rice  Snow Fungus, Jujube, Papaya Pork Ham Soup	Beef Fillet, Onion, Carrot, Quinoa Rice  Chinese Yam, Corn, Jujube, Black-Boned Chicken Soup	Sliced Pork, Tomato with Spaghetti  Sugarcane, Carrot, Corn, Jujube, Pork Ham Soup	Tomato, Meat with Macaroni
<b>Drink</b>	water	water	water	water	water	
<b>Snack Time</b>	Honey Lemon Water, Cheese Bread	Baked Potato with Egg Salad/ Corn, Cheese, Meat	Vegetable, Minced Pork Macaroni	Milk Pancake with Jam Peanut Butter/ Condensed Milk/	Honey Water Egg Pancake with Sweet Corn, Onion/ Sliced Radish, Onion	

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