

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk and Cereal	Yogurt Toast with Jam	Milk and Waffle	Oatmeal	Milk and Cereal
Snack (AM)	Cheese Stick Apple Water or Milk	Cookies Water or Milk	Eggs Apple Water or Milk	Crackers Banana Water or Milk	Crackers Banana Water or Milk
Lunch	Steamed Chicken with Shiitake Mushroom Red Pepper, Mushroom & Broccoli or Seasonal Vegetables Steamed Rice	Steamed Fish Fillet Mixed Vegetables or Seasonal Vegetables Steamed Rice	Portuguese Style Chicken Stir Fried Green Beans with Garlic or Seasonal Vegetables Steamed Rice	Steamed Boneless Spare Ribs in Black Bean Sauce Napa Cabbage with Bean Vermicelli or Seasonal Vegetables Steamed Rice	Steamed Chicken with Black Fungus & Dried Lily Flower Zucchini or Seasonal Vegetables Steamed Rice
Snack (PM)	Crackers Yogurt Orange Water or Milk	Crackers Yogurt Apple Water or Milk	Crackers Cheese Stick Banana Water or Milk	Crackers Yogurt Orange Water or Milk	Cookies Apple Water or Milk

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk and Cereal	Yogurt Toast with Jam	Milk and Waffle	Oatmeal	Milk and Cereal
Snack (AM)	Cheese Stick Apple Water or Milk	Cookies Water or Milk	Eggs Apple Water or Milk	Crackers Banana Water or Milk	Crackers Banana Water or Milk
Lunch	Steamed Fish with Preserved Mustard Green Napa Cabbage or Seasonal Vegetables Steamed Rice	Stir Fried Pork with Preserved Vegetables Zucchini or Seasonal Vegetables Steamed Rice	Steamed Two Style Eggs with Ground Pork Taiwan Cabbage or Seasonal Vegetables Steamed Rice	Diced Chicken with Oyster Sauce Red Pepper, Mushroom & Broccoli or Seasonal Vegetables Steamed Rice	Stir Fried Chicken with Hoi Sin Sauce Stir Fried Tomato & Pea or Seasonal Vegetables Steamed Rice
Snack (PM)	Crackers Yogurt Orange Water or Milk	Crackers Yogurt Apple Water or Milk	Crackers Cheese Stick Banana Water or Milk	Crackers Yogurt Orange Water or Milk	Cookies Apple Water or Milk

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk and Cereal	Yogurt Toast with Jam	Milk and Waffle	Oatmeal	Milk and Cereal
Snack (AM)	Cheese Stick Apple Water or Milk	Cookies Water or Milk	Eggs Apple Water or Milk	Crackers Banana Water or Milk	Crackers Banana Water or Milk
Lunch	Steamed Fish with Preserved Olive & Vegetables Braised Chinese Squash in Oyster Sauce or Seasonal Vegetables Steamed Rice	Sizzling Beef with Bell Peppers & Mushrooms Napa Cabbage or Seasonal Vegetables Steamed Rice	Ground Pork with Two Style Eggs Stir Fried Green Beans in Black Bean Sauce or Seasonal Vegetables Steamed Rice	Steamed Fish Fillet Broccoli or Seasonal Vegetables Steamed Rice	Baked Chicken with Macaroni in Tomato Sauce Zucchini or Seasonal Vegetables
Snack (PM)	Crackers Yogurt Orange Water or Milk	Crackers Yogurt Apple Water or Milk	Crackers Cheese Stick Banana Water or Milk	Crackers Yogurt Orange Water or Milk	Cookies Apple Water or Milk

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk and Cereal	Yogurt Toast with Jam	Milk and Waffle	Oatmeal	Milk and Cereal
Snack (AM)	Cheese Stick Apple Water or Milk	Cookies Water or Milk	Eggs Apple Water or Milk	Crackers Banana Water or Milk	Crackers Banana Water or Milk
Lunch	Portuguese Style Chicken Zucchini or Seasonal Vegetables Steamed Rice	Steamed Fish in Black Bean Sauce Stir Fried Mixed Vegetables or Seasonal Vegetables Steamed Rice	Steamed Chicken with Black Fungus Braised Daikon or Seasonal Vegetables Steamed Rice	Beef with Green & Red Pepper in Fermented Black Bean Sauce Napa Cabbage or Seasonal Vegetables Steamed Rice	Teriyaki Chicken Zucchini or Seasonal Vegetables Steamed Rice
Snack (PM)	Crackers Yogurt Orange Water or Milk	Crackers Yogurt Apple Water or Milk	Crackers Cheese Stick Banana Water or Milk	Crackers Yogurt Orange Water or Milk	Cookies Apple Water or Milk