

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	Cream of Corn with Chicken Napa Cabbage with Bean Vermicelli or Seasonal Vegetables Steamed Rice	Steamed Fish Fillet Stir Fried Green Beans in Black Bean Sauce or Seasonal Vegetables Steamed Rice	Steamed Chicken with Gogi, Red Date & Shredded Ginger Cauliflower with Garlic or Seasonal Vegetables Steamed Rice	Stir Fried Chicken Cubes in Satay Sauce Red Pepper, Mushroom & Broccoli or Seasonal Vegetables Steamed Rice	Steamed Egg with Minced Pork & Bean Vermicelli Mixed Vegetables 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	Stir Fried Chicken with Hoi Sin Sauce Napa Cabbage or Seasonal Vegetables Steamed Rice	Stir Fried Pork with Shredded Daikon Zucchini or Seasonal Vegetables Steamed Rice	Steamed Fish Taiwan Cabbage or Seasonal Vegetables Steamed Rice	Chicken with Macaroni in Tomato Sauce Green Bean (Garlic Sauce) or Seasonal Vegetables	Sizzling Beef with Bell Peppers & Mushrooms 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 Leaves Braised Chinese Squash in Oyster Sauce or Seasonal Vegetables Steamed Rice	Steamed Chicken with Shiitake Mushroom Napa Cabbage or Seasonal Vegetables Steamed Rice	Stir Fried Pork with Preserved Sweet and Sour Vegetable Stir Fried Green Beans in Black Bean Sauce or Seasonal Vegetables Steamed Rice	Stir Fried Beef with Tomato Broccoli or Seasonal Vegetables Steamed Rice	Diced Chicken with Cream Sauce 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 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	Braised Chicken and Potato Cauliflower or Seasonal Vegetables Steamed Rice	Steamed Fish in Black Bean Sauce Stir Fried Mixed Vegetables or Seasonal Vegetables Steamed Rice	Steamed Chicken with Chinese Sausage Braised Daikon or Seasonal Vegetables Steamed Rice	Stir Fried Beef with Oyster Sauce Napa Cabbage or Seasonal Vegetables Steamed Rice	Tofu with Minced Chicken Stewed Assorted Vegetables 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