

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk and Cereal	Yogurt Toast with Jam	Milk and Waffle	Oatmeal	Milk and Cereal
Lunch	Cream of Corn with Chicken Seasonal Vegetables Steamed Rice	Steamed Fish Fillet Seasonal Vegetables Steamed Rice	Steamed Chicken with Gogi, Red Date & Shredded Ginger Seasonal Vegetables Steamed Rice	Steamed Boneless Spareribs in Plum Sauce Seasonal Vegetables Brown/Red Rice Congee	Steamed Egg with Minced Pork & Bean Vermicelli Seasonal Vegetables Steamed Rice
Snack (Morning and Afternoon)	Cheese and Crackers Fruits and Vegetables Water or Milk	Cookies Fruits and Vegetables Water or Milk	Egg and Crackers Fruits and Vegetables Water or Milk	Yogurt and Crackers Fruits and Vegetables Water or Milk	Cheese and Crackers Fruits and Vegetables 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
Lunch	Stir Fried Chicken with Hoi Sin Sauce Seasonal Vegetables Beef Congee	Stir Fried Pork with Shredded Daikon Seasonal Vegetables Steamed Rice	Steamed Fish Seasonal Vegetables Steamed Rice	Chicken with Macaroni in Tomato Sauce Seasonal Vegetables	Stir Fried Beef with Oyster Sauce Seasonal Vegetables Steamed Rice
Snack (Morning and Afternoon)	Cheese and Crackers Fruits and Vegetables Water or Milk	Cookies Fruits and Vegetables Water or Milk	Egg and Crackers Fruits and Vegetables Water or Milk	Yogurt and Crackers Fruits and Vegetables Water or Milk	Cheese and Crackers Fruits and Vegetables 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
Lunch	Five Spices Pork Seasonal Vegetables Pumpkin & Dried Pearl Barley Congee	Steamed Chicken with Shiitake Mushroom Seasonal Vegetables Steamed Rice	Stir Fried Pork with Preserved Sweet and Sour Vegetable Seasonal Vegetables Steamed Rice	Steamed Fish Fillet Seasonal Vegetables Steamed Rice	Diced Chicken with Cream Sauce Seasonal Vegetables Steamed Rice
Snack (Morning and Afternoon)	Cheese and Crackers Fruits and Vegetables Water or Milk	Cookies Fruits and Vegetables Water or Milk	Egg and Crackers Fruits and Vegetables Water or Milk	Yogurt and Crackers Fruits and Vegetables Water or Milk	Cheese and Crackers Fruits and Vegetables 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
Lunch	Braised Chicken with Potato Seasonal Vegetables Steamed Rice	Steamed Fish in Black Bean Sauce Seasonal Vegetables Steamed Rice	Steamed Chicken with Chinese Sausage Seasonal Vegetables Steamed Rice	Stir Fried Beef with Oyster Sauce Seasonal Vegetables Chicken Congee	Tofu with Minced Chicken Seasonal Vegetables Steamed Rice
Snack (Morning and Afternoon)	Cheese and Crackers Fruits and Vegetables Water or Milk	Cookies Fruits and Vegetables Water or Milk	Egg and Crackers Fruits and Vegetables Water or Milk	Yogurt and Crackers Fruits and Vegetables Water or Milk	Cheese and Crackers Fruits and Vegetables Water or Milk