

	Morning snack 能量早点	Lunch 午餐			Fruit 缤纷水果	Afternoon snack 花样午点
		Staple food 主食	Main course 菜	Soup 汤		
Monday 星期一	光明优倍牛奶 Milk 椰蓉蜜薯卷 Coconut Shred and Sweet Potato Roll	中大班：米饭 托小班：软米饭 Steamed Rice	中大班：秋栗鲍鱼烧肉 托小班：秋栗碎鲍鱼丁烧小肉丁 Stir Fried Pork with Abalone and Chestnut 蒜蓉紫角叶 Stir Fried Malabar Spinach with Minced Garlic 翡翠牛肉丝(黄瓜、胡萝卜、牛肉丝) Stir-Fry Shredded Beef with Cucumber and Carrot	枸杞竹荪猪肚鸡汤 (老母鸡拆骨) Chicken Soup with Bamboo Fungus	圣女果 Cherry Tomatoes	荠菜小肉包 Pork Bun 冬菇三文鱼小米粥 Salmon Congee with Millet and Mushroom
Tuesday 星期二	光明优倍牛奶 Milk 三鲜蒸饺 (白菜猪肉胡萝卜) Steamed Dumplings with Pork and Vegetable	中大班：米仁米饭 托小班：米仁软米饭 Millet Rice	中大班：杭邦桂花卤鸭腿 托小班：杭邦桂花卤鸭腿肉丁 Sauce Duck Meat with Osmanthus 油麦菜扒香菇 Stir Fried Lettuce with Shiitake Mushroom 西芹胡萝卜炒墨鱼 Stir-Fry Cuttlefish with Celery and Carrot	秋日丰收玉米莲藕松茸排骨汤 (玉米切小块，莲藕切丁，肉排拆骨) Pork Rib Soup with Corn and Lotus Root	云南蜜桔 Orange	巧克力甜甜圈 Chocolate Donut 雪梨马蹄藕粉羹 (马蹄、苹果、雪梨、藕粉) Sweet Soup with Fruit
Wednesday 星期三	光明优倍牛奶 Milk 樱花米糕 Cherry Blossom Rice Cake	中大班：米饭 托小班：软米饭 Steamed Rice	清炒河虾仁 Stir Fried River Shrimps 芦笋胡萝卜烩草菇 Stir Fried Asparagus with Carrot and Straw Mushroom 小炒酱三丁(肉丁、茭白丁、五香豆干) Stir-Fry Tofu, Water Bamboo Shoots and Pork with Soy Sauce	原味咖喱牛肉粉丝汤 (粉丝剪小段，牛肉切丁) Curry Beef Vermicelli Soup	小香蕉 Banana	肉松扭扭酥 Twist Pork Floss Pastry 白菜羊肉筱面鱼鱼 Rice Cake Stew with Chinese Cabbage and Mutton
Thursday 星期四	光明优倍牛奶 Milk 香酥草头鸡蛋饼 Crispy Alfalfa and Egg Pancake	中大班：米饭 托小班：软米饭 Steamed Rice	中大班：浓香番茄炖雪花牛肉粒 托小班：浓香番茄炖雪花牛肉丸 Stewed Diced Beef with Tomato 柠香鸡丁(鸡腿肉、洋葱) Stir Fried Chicken with Onion 素溜四喜(莴笋、木耳、山药、红甜椒) Stir-Fry Chinese yam, Lettuce and Red Bell Pepper	花花豆腐海鲜羹 (花菜、海参、蟹钳肉、内脂豆腐) Tofu Soup with Seafood and Cauliflower	蓝莓 Blueberries	爆浆红薯奶酪饼 Sweet Potato and Cheese Pie 枣丁红豆玉米碴粥 Sweet Congee with Corn Grits, Diced Jujube and Red Bean
Friday 星期五	光明优倍牛奶 Milk 蔓越莓司康 Cranberry Scone	意式肉酱蔬菜字母面 Alphabet Pasta	西班牙海鲜烩饭(鲑鱼、目鱼、虾仁、洋葱) Spanish Seafood Paella 蒜香鹿茸菇炒杭白菜 Stir-Fry Cabbage with Garlic and Mushroom 香素鸭 Vefetarian Duck	法式南瓜浓汤 Pumpkin Soup	无籽红提 Grapes	牛肉糯米小烧麦 Ground Beef and Glutinous Rice Shao Mai 芋头鸭肉滋补粥 Duck Porridge with Taro