

EY Menu (K-K2) March 25th-March 27th

MEAL		TYPE OF FOOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK		Protein	Cheese Slice 芝士片	Jam and Butter Sandwich 果酱三明治	Boiled Egg (1/2) 煮全蛋 (1/2)	Lower sugar Yakult 低糖益力多	Staff PD
		Starch	Cracker 苏打饼		Donut 甜甜圈	Steam Bun 蒸包	
		Fruit	Banana 香蕉	Fresh-Cut Watermelon 西瓜	Fresh-Cut Apple 苹果	Fresh-Cut Orange 甜橙	
LUNCH	WITH MEAT	PROTEIN	Pan Fried Chicken 煎鸡扒	Beef Stew 俄式炖牛肉	Steamed Fish 广式酱油蒸鱼柳	Early Dismissal School finishes at noon	
	VEGETARIAN		Vegetables and Egg Fried Rice Noodle 杂菜鸡蛋炒 米粉	Potato Gratin 烤芝士土 豆片	Braised Tofu and Mushroom 蘑菇焖豆腐		
		STARCH	Rice米饭	Bicolor Rice 杂粮双色饭	Tumeric Rice 姜黄饭		
		VEGETABLE	Choy Sum 菜心	Broccoli/Carrot 西兰花胡 萝卜	Lettuce 油麦菜		
		Drink	Yogurt 酸奶		Milk 牛奶		
	AFTERNOON SNACK		Dessert	Bread Cracker 小馒头	Beef Stick 牛肉干		
Fruit			Fresh- Cut Melon 哈密瓜	Grape 红提	Fresh- cut Orange 橙子		