

EY Menu (K-K2) Apr.29th - May 3rd

MEAL		TYPE OF FOOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK		Protein	Cream Cheese 芝士奶油	Egg & Butter Mini Sandwich 鸡蛋牛油三明治		Lower sugar Yakult 低糖益力多	Cheese芝士
		Starch	Cracker 苏打饼			Steamed Bun 蒸包	Digestive Crackers 消化饼
		Fruit	Banana 香蕉	Fresh-Cut Watermelon 西瓜		Tangerine 沃柑	Fresh-Cut Apple 苹果
LUNCH	WITH MEAT	PROTEIN	Braised Tomato and Beef 番茄煮牛肉	Grilled Chicken Wings 烤鸡翅		Baked Fish with Cherry Tomato 番茄香草橄榄油鱼柳	Spaghetti Bolognese 牛肉酱意粉
	VEGETARIAN		Mexican Corn and Mixed Vegetables Rolls 墨西哥玉米蔬菜卷	Baked Aubergine with Oyster Sauce 烤茄子配蚝油汁		Scrambled egg with tomato 番茄炒蛋	Luohanzhai 罗汉斋
		STARCH	Steamed Rice 蒸饭	Steamed Carrot Rice 蒸胡萝卜饭		Bicolor Rice 蒸杂粮饭	Steamed Rice 蒸饭
		VEGETABLE	Choy Sum /菜心	Long Bean 炒豆角	Cauliflower/Broccoli 菜花/西兰花	Chinese Cabbage 大白菜	
		Drink	Yogurt 酸奶			Yogurt 酸奶	
AFTERNOON SNACK		Dessert	Raisins 提子干	Dried Fruits and Vegetables 多味蔬果干	Cherry Tomatoes 圣女果	Hawthorn Stick 山楂糕	
		Fruit	Fresh- Cut Melon 哈密瓜	Fresh- Grape 葡萄	Fresh- Cut Dragon Fruit 火龙果	Fresh- Cut Watermelon 西瓜	