


## K-K2 LUNCH MENU: December 16th - 20th

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	Boiled Egg (1/2) 煮全蛋 (1/2)	Lower sugar Yakult 低糖益力多	Cheese 芝士	
	Starch		Cracker 苏打饼		Donut 甜甜圈	Steamed Bun 蒸包	Digestive Crackers 消化饼	
	Fruit		Banana 香蕉	Fresh-Cut Watermelon 西瓜	Fresh-Cut Apple 苹果	Grape 红提	Fresh-Cut Apple 苹果	
LUNCH	WITH MEAT	PROTEIN	Spaghetti Bolognese with Cheese 芝士牛肉酱意粉	Sweet and Sour Pork with Pineapple 菠萝咕鲁肉	Steam Fish with Soy Sauce 广式豉油蒸鱼	Diced Beef with Black Pepper and Vegetables 黑椒牛肉配时蔬	Snack Bacon and Cheese Roll 培根芝士卷	
	VEGETARIAN		Swedish Baked Potato 瑞典烤土豆	Braised Tofu and Mushrooms 杂菇焖豆腐	Vegetables and Egg Fried Rice Noodle 杂菜鸡蛋炒米粉	Steamed Eggs 蒸水蛋	Snack Egg and Cheese Roll 鸡蛋/蔬菜芝士卷	
		STARCH		Choy Sum 菜心	Roast Vegetables 烤田园时蔬	Lettuce 油麦菜	Bok Choy 小唐菜	<div style="text-align: center;"> <p><i>HAVE A Merry Christmas</i></p>  </div>
		VEGETABLE			Bicolor Rice 杂粮双色饭	Rice 米饭	Bicolor Rice 杂粮双色饭	
		Drink		Yogurt 酸奶		Milk 牛奶		
	AFTERNOON SNACK	Dessert		Raisins 提子干	Dried Vegetable Crackers 蔬果干	Japanese Snack 日式饼干	Cherry Tomatoes 圣女果	
Fruit			Fresh- Cut Melon 哈密瓜	Fresh- cut Orange 橙子	Fresh- Cut Dragon Fruit 火龙果	Fresh- cut Orange 橙子		