

EY (K-K2) Menu: August 18th-22nd

TYPE OF FOOD		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK 早点	Bread / Cake 中西式包点	Creamy Custard Bun 奶黄包	Homemade wheat bread slice 自制燕麦面包片	Steamed Bun 蒸馒头	wonton-Pork 煮云吞	Boiled Egg 煮鸡蛋
	SNACK 点心	Scrambled Egg and corn 炒香肠鸡蛋	Steamed potato and carrot with olive oil 橄榄油蒸土豆红萝卜	Cereals and Milk 谷类和牛奶	Mix Vegetables stick / Crackers 蔬菜条/消化饼	Cheese Samdwich 芝士三明治
	Fruit 水果	banana / apple 香蕉 / 苹果	Orange/ apple 橙子 / 苹果	Apple/Blueberry 苹果/蓝莓	apple /banana 苹果/香蕉	Apple/ Grape 苹果/葡萄
LUNCH 午餐	MEAT 肉类	Creamy Chicken Pasta with Mushrooms 白汁鸡肉意粉	Homemade Italian Beef Meatballs 自制意式茄汁牛肉丸	Grilled Drumsticks 烤鸡腿	Sweet and Sour Chicken (Halal) 酸甜鸡肉 (清真)	Char Siu (BBQ pork) with Honey Sauce 蜜汁叉烧
	VEGETARIAN 素餐	Creamy Pasta with Mushrooms 白汁蘑菇斋意粉	Homemade Italian vegetarian Balls 自制意式茄汁蔬菜丸	Braised Tofu with Mushroom 蘑菇炖豆腐	Scrambled Egg with Tomato 番茄炒蛋	Teriyaki Tofu 照烧豆腐
	VEGETABLE 蔬菜	Choy Sum /菜心	Broccoli 西兰花	Bok Choy 小唐菜	Sauteed Baby Cabbage 白灼娃娃菜	Carrots 牛油胡萝卜
	STARCH 主食	Steamed Rice 蒸饭	Steamed Rice 蒸饭	Steamed Rice 蒸饭	Steamed Rice 蒸饭	Steamed Rice 蒸饭
	Soup 汤	Soup 汤	Soup 汤	Soup 汤	Soup 汤	Soup 汤
AFTERNOON SNACK 下午茶点		Fresh Milk 鲜牛奶	Fresh Milk 鲜牛奶	Fresh Milk 鲜牛奶	Fresh Milk 鲜牛奶	Fresh Milk 鲜牛奶
		Doughnut 甜甜圈	Chocolate Cake 巧克力蛋糕	Vegetables Chips 蔬果干	Hawthorn山楂	Homemade Blueberry Cake 蓝莓蛋糕
		Melon 哈密瓜	Pear 梨	Orange 橙子	Dragon Fruit 火龙果	Watermelon 西瓜