

EY (K-K2) Menu: September September 8th-12th, 2025

TYPE OF FOOD		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK 早点	Bread / Cake 中西式包点	Steamed bread 奶香小馒头	Homemade carrot cake 自制红萝卜蛋糕	Boiled Egg 煮鸡蛋	Pork Wonton 猪肉云吞	Steam Dumpling 蒸饺
	SNACK 点心	Steamed Sweet Corn 蒸甜玉米棒	Baked Beans 茄汁焗豆	Cream Cheese/Cracker 奶油芝士/苏打饼	Cheese/Digestive Crackers 芝士/消化饼	Strawberry Jam Samdwich 草莓酱三明治
	Fruit 水果	banana / apple 香蕉 / 苹果	Orange/ apple 橙子 / 苹果	Apple/Blue berry 苹果/蓝莓	apple /banana 苹果/香蕉	Apple/ Grape 苹果/葡萄
LUNCH 午餐	MEAT 肉类	Pork and Apple Casserole 法式苹果炖猪肉	Japanese - Style Steamed Fish with Lemon Juice (Halal) 日式柠檬汁蒸鱼 (清真)	French Cranberry Balsamic Beef Stew 法式蔓越莓炖牛肉	Beef Pizza 牛肉披萨	Orlean Grilled Chicken Drumsticks(Halal) 奥尔良烤鸡翅根 (清真)
	VEGETARIAN 素食	Farfalle Pasta in Tomato Sauce 茄汁蝴蝶粉	Mixed Vegetables 煮杂菜	Steam Baby Cabbage with Garlic and Noodle Glass 粉丝蒜蓉蒸娃娃菜	Cheese Pizza 芝士披萨	Scrambled Egg with Tomatoes 番茄炒蛋
	VEGETABLE 蔬菜	Choy Sum /菜心	Sauteed Zucchini 清炒云南小瓜	Cabbage/ Carrots 包菜 / 胡萝卜	Cauliflower/Broccoli 菜花/西兰花	Bok Choy 小唐菜
	STARCH 主食	Steamed Rice 蒸饭	Bicolor Rice 杂粮饭	Steamed Rice 蒸饭	Carrot Rice 胡萝卜饭	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
		Homemade croissants 自制牛角包	Egg Tart 蛋挞	Multigrain cake 杂粮糕	Homemade donut 自制甜甜圈 (低糖)	Homemade blueberry cake 自制蓝莓蛋糕
		Melon 哈密瓜	Pear 梨	Apple 苹果	Dragon Fruit 火龙果	Watermelon 西瓜