

EY (K-K2) Menu: September 22nd-26th

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 Sandwich 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	Spaghetti Bolognese 意式肉酱意粉	Stir Fry Beef with Vegetables (Halal) 蔬菜炒滑牛肉片 (清真)	Grilled Chicken Wings 烤鸡翅	Steamed Fish with Soy Sauce (Halal) 广式清蒸龙利鱼柳	Chicken Cacciatore 意式猎人烩鸡肉 (清真)
	VEGETARIAN 素食	Pasta in Tomato Sauce 意式茄汁意粉	Ratatouille 普罗旺斯炖杂菜	Scrambled Egg with Tomatoes 番茄炒蛋	Korean Stir Fry Mixed Vegetables 韩式炒杂菜	Braised Tofu (Not Spicy) 焖豆腐 (不辣)
	VEGETABLE 蔬菜	Broccoli 西兰花	Choy Sum 菜心	Bok Choy 小唐菜	Sauteed Baby Cabbage 白灼娃娃菜	Carrot 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
		Homemade donut 自制甜甜圈 (低糖)	Egg Tart 蛋挞	Multigrain cake 杂粮糕	Homemade croissants 自制牛角包	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