

EY (K-K2) Menu: November 17th-21st

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	Japanese Simmered Beef and Potatoes (Halal) 日式炖牛肉 (清真)	Beef Lasagna 牛肉千层面	Grilled Chicken Leg 烤鸡腿	Beef Pizza 牛肉披萨	Braised Pork Ribs 焖排骨
	VEGETARIAN 素食	Vegetarian Fried Rice 蔬菜炒饭	Braised 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	Shredded Potato 炒土豆丝
	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	Lotus Root, Chestnut and Pork Bone Soup 莲藕板栗猪骨汤	Date, Dried Longan and Chicken Soup 红枣桂圆乌鸡汤	Radish, Tofu and Fish Soup 萝卜豆腐鲫鱼汤	Pear, Fig and Pork Soup 雪梨无花果排骨汤	Taro, Sweet Potato and Sago Sweet Soup 香芋番薯西米羹
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