

EY (K-K2) Menu: December 1st-5th

TYPE OF FOOD		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK 早点	Bread / Cake 中西式包点	Bean Paste Bun 豆沙包	Homemade Banana Cake 自制香蕉蛋糕	Boiled Egg 煮鸡蛋	Jam Waffle 果酱华夫饼	Dumplings 水饺
	SNACK 点心	Steamed Sweet Corn 蒸甜玉米棒	Sweet Potato 蒸红薯	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 (清真)	Beef Lasagna 牛肉千层面
	VEGETARIAN 素食	Pasta in Tomato Sauce 意式茄汁意粉	Ratatouille 普罗旺斯炖杂菜	Braised Tofu (Not Spicy) 焖豆腐 (不辣)	Penne Pasta with Pesto Sauce 紫苏酱尖通粉	Pumpkin Lasagna 南瓜千层面
	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	Pasta in Tomato Sauce 茄汁螺丝粉	Butter Corn Cob and Steamed Rice 牛油玉米棒和蒸饭	Carrot Rice 胡萝卜饭	Steamed Rice 蒸饭
	Soup 汤	Chestnut,Yam and Chicken Soup 板栗淮山煲鸡	Lotus Root and Pork Bone Soup 莲藕猪骨汤	Bamboo Cane and Water Chestnut Soup 竹蔗马蹄水	Wolfberries Leaves and Pork Liver Soup 枸杞叶猪肝汤	Red Bean and Pearl Barley Sweet Soup 红豆薏米糖水
AFTERNOON SNACK 下午茶点		Fresh Milk 鲜牛奶	Yogurt 酸奶	Fresh Milk 鲜牛奶	Probiotic Drink 益生菌饮品	Fresh Milk 鲜牛奶
		Homemade donut 自制甜甜圈 (低糖)	Egg Tart 蛋挞	Finger Biscuits 手指饼	Homemade croissants 自制牛角包	Homemade blueberry cake 自制蓝莓蛋糕
		Melon 哈密瓜	Cherry Tomatoes 小番茄	Dragon Fruit 火龙果	Apple 苹果	Watermelon 西瓜