

EY (K-K2) Menu: February 2nd-6th, 2026

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	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
	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 and Black Truffle 黑松露白汁鸡肉蘑菇意粉	Homemade Italian Beef Meatballs 自制意式茄汁牛肉丸	Braised Pork Chop with Apples 苹果炖猪扒	Beef Stroganoff 俄罗斯蘑菇酸奶油炖牛肉	Grilled Chicken Legs with Herbs (Halal) 香草烤鸡腿 (清真)
	VEGETARIAN 素食	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 焖豆腐 (不辣)	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 Quinoa Rice 蒸藜麦饭	Steamed Rice 蒸饭	Steamed Rice 蒸饭	Steamed Carrot Rice 蒸胡萝卜饭	Steamed Rice 蒸饭
	Soup 汤	Watercress, Carrot and Pork Soup 西洋菜胡萝卜猪肉汤	Chicken Soup with Yam and Beans 淮山赤小豆薏米煲鸡汤	Fish, Papaya and Beans Soup 木瓜眉豆鲫鱼汤	Dendrobe and Duck Soup 水鸭石斛汤	Red Bean Sweet Soup 红豆糖水
AFTERNOON SNACK 下午茶点		Fresh Milk 鲜牛奶	Yogurt 酸奶	Fresh Milk 鲜牛奶	Yogurt 酸奶	Fresh Milk 鲜牛奶
		Doughnut 甜甜圈	Chocolate Cake 巧克力蛋糕	Vegetables Chips 蔬果干	Hawthorn山楂	Egg Tart 蛋挞
		Melon 哈密瓜	Tangerine 沙糖桔	Orange 橙子	Dragon Fruit 火龙果	Tangerine 沙糖桔