

EY (K-K2) Menu: January 19th-23rd, 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	Scrambled Egg and corn 炒香肠鸡蛋	Cheese Quesadillas 烤芝士墨西哥饼	Cereals and Milk 谷类和牛奶	Mix Vegetables stick / Crackers 蔬菜条/消化饼	Cheese Samdwich 芝士三明治
	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	Vegetables and Chicken Fried Noodle 杂菜鸡肉炒面	Beef Goulash (beef/Carrot/Potatos)(Halal) 匈牙利式炖牛肉 (牛肉/胡萝卜/土豆) (清真)	Pan Fried Pork with Herbs 香草煎猪扒	Orleans Grilled Chicken Wing (Halal) 奥尔良式烤鸡翅 (清真)	Pan Fry Chicken with Garlic and Mushroom 蒜香蘑菇煎鸡扒
	VEGETARIAN 素食	Vegetables Friced Rice 蔬菜炒面	Vegetables and Potato Cheese Gratin 芝士蔬菜焗土豆	Luohanzhai (Glass Noodles/ Carrots/Toufu/Mushroom) 罗 汉斋(米粉/胡萝卜/腐竹/蘑菇)	Braised Eggplant 红烧茄子	Steamed Eggs with Glass Noodles 粉丝蒸水蛋
	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	Rice 蒸米饭	Pasta in Tomato Sauce / Rice 茄汁螺丝粉/蒸米饭	Rice 蒸米饭	Creamy Penne Pasta with Spinach / Rice 奶油菠菜通心粉/蒸米饭	Rice 蒸米饭
	Soup 汤	Watercress, Carrot and Pork Soup 西洋菜胡萝卜猪肉汤	Chicken Soup with Carrot and Yam 胡萝卜淮山鸡汤	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	Watermelon 西瓜