

## EY (K-K2) Menu: March 9th-13th, 2026

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	Cereals and Milk 谷类和牛奶	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 牛肉酱意粉	Beef Pizza 牛肉披萨	Beef with Asparagus and Mushroom 芦笋蘑菇炒牛肉	Beef Goulash (Halal) 匈牙利炖牛肉 (清真)	Mediterranean Style Grilled Chicken Wings (Halal) 地中海烤鸡翅 (清真)
	VEGETARIAN 素食	Pasta in Tomato Sauce 茄汁意粉	Cheese Pizza 芝士披萨	Steam Egg with Soy Sauce 蒸水蛋	Fried Dried Beans with Bean Sprouts 豆芽炒香干	Scrambled Egg with Tomatoes 番茄炒蛋
	VEGETABLE 蔬菜	Choy Sum 菜心	Sauteed Zucchini 清炒云南小瓜	Mustard Green 水东芥菜	Choy Sum 菜心	Lettuce 油麦菜
	STARCH 主食	Steamed Rice 蒸饭	Pasta in Tomato Sauce 茄汁螺丝粉	Carrot Rice 胡萝卜饭	Steamed Rice 蒸饭	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	Dried Cereus Bloom and Chicken Soup 霸王花煲鸡	Wolfberries Leaves and Pork Liver Soup 枸杞叶猪肝汤	Sago with Milk 牛奶西米露
AFTERNOON SNACK 下午茶点	Fresh Milk 鲜牛奶	Fresh Milk 鲜牛奶	Yogurt 酸奶	Fresh Milk 鲜牛奶	Yogurt 酸奶	Fresh Milk 鲜牛奶
	Homemade donut 自制甜甜圈 (低糖)	Bread Crackers 旺仔小馒头	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	Tangerine 沙糖桔	Dragon Fruit 火龙果	Tangerine 沙糖桔	Watermelon 西瓜	