EY（K-K2) Menu: November 2nd-6th, 2026

TYPE OF FOOD		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK 早点	**Bread / Cake 中西式包点**	Wonton-Pork 煮云吞	Red Bean Cake 红豆糕	Creeal + Milk 早餐谷类+牛奶	Homemade Toast Slice 自制方包片	Cream Mustard Bun 奶黄包
	SNACK 点心	Bun Roll 花卷	Corn Cob 玉米棒	Pork and Tomato Noodels 番茄肉碎汤面	Boiled Egg 煮鸡蛋	Steam Yam 蒸淮山
	Fruit 水果	Bun Roll 花卷	Cheese Samdwich 芝士三明治	Pork and Tomato Noodels 番茄肉碎汤面	Boiled Egg 煮鸡蛋	Cheese Quesadillas 烤芝士墨西哥饼
LUNCH 午餐	**MEAT 肉类**	Spaghetti Bolognese （Halal) 牛肉酱意粉（清真）	Steam Fish with Soy Sauce 豉油蒸鱼	Stir-fried Beef with Garlic Shoots 蒜苔炒牛肉	Mediterranean Style Grilled Chicken Wings (Halal) 地中海烤鸡翅（清真）	Sweet and Sour Pork 酸甜咕噜肉
	VEGETARIAN 素餐	Pasta in Tomato Sauce 茄汁意粉	Stir Fry Potato, Eggplant, Bell Pepper 炒地三鲜	Steam Egg 蒸水蛋	Scrambled Egg with Tomatoes 番茄炒蛋	Teriyaki Tofu 照烧豆腐
	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	Broccoli 西兰花
	STARCH 主食	Steamed Rice 蒸饭	Bicolor Rice 杂粮饭	Carrot Rice 胡萝卜饭	Pork Wonton/Rice 猪肉云吞/米饭	Steamed Rice 蒸饭
	Soup 汤	Corn, Carrot and Pork Bine Soup 玉米胡萝卜猪骨汤	Beans and Pork Bones 扁豆赤小豆煲猪骨	Dreied Cereus Bloom and Chicken Soup 霸王花煲鸡	Wolfberries Leaves and Pork Liver Soup 枸杞叶猪肝汤	Corn Soup 玉米羹
AFTERNOON SNACK 下午茶点		Fresh Milk 鲜牛奶	Yakult 益力多	Fresh Milk 鲜牛奶	Yogurt 酸奶	Fresh Milk 鲜牛奶
		Doughnut (Low Sugar) 甜甜圈（低糖）	Chocolate Cake (Low Sugar) 巧克力蛋糕（低糖）	Vegetables Chips 蔬果干	Hawthorn山楂	Egg Tart (Low Sugar) 蛋挞（低糖）
		Melon 哈密瓜	Pear 梨	Orange 橙子	Dragon Fruit 火龙果	Watermelon 西瓜