

TWGHs Chiap Hua Cheng's Nursery School Children's Menu

(A)

Day	Breakfast	Fruit	Lunch (Brown Rice White Rice)	Snack	Extended Hours Service	Fruit	
Monday	Milk Oatmeal Cake	Apple Pear	Sliced Pork cooked with Lotus Root, Chinese Mushroom and Water Chestnut Broccoli with Garlic Candied Date Soup boiled with Soybean, Cashew, Carrot and Sweet Corn	Conchiglie with Tomato, Egg and Minced Meat		Extended Hours Service	Apple
Tuesday	Udon with Lettuce and Lean Pork	Apple Banana	Sole Fillet cooked with Tomato, Mixed Vegetables, Bean Curd and Onion Dried Lily Flower Indian Lettuce Lean Pork Soup with Sweet Corn, Carrot, Fish Maw and Bean Curd	Oat Soy Milk Boiled Egg Sweet Bun			
Wednesday	Milk Cheese Sandwich	Apple Pitaya	Chicken Fillet cooked with King Oyster Mushroom, Onion and Egg Oyster Mushroom Choy Sum Lean Pork Soup boiled with Carrot, Green Radish, Monk Fruit, Sweet and Bitter Almond Kernel and Candied Date	Rice Noodle with Tomato, Onion and Lean Pork			
Thursday	Fusilli with Cabbage, Lean Pork and Egg	Apple Raisin	Sliced Pork cooked with Pineapple, Sweet Pepper and Onion Goji Berry Sweet Bean Lean Pork Soup with Seaweed, Tomato, Bean Curd and Egg	Low Sugar Soy Milk Steamed Bun			
Friday	Oatmeal with Milk and Sweet Corn	Apple Orange	Hairy Gourd cooked with Carrot, Egg and Vermicelli Stir-fry Long Cabbage with Lean Pork Lean Pork Soup boiled with Chayote, Peanut, Black- eyed Pea and Candied Date	Five-colour Beans Porridge Steamed Rice Roll			
Saturday	Boiled Egg Milk	Apple	Udon with Mixed Vegetables and Egg	Extension			

*Seasonings include Corn Oil, Brown Sugar, Cane Sugar

**TWGHs Chiap Hua Cheng's Nursery School
Children's Menu**

(B)

Day	Breakfast	Fruit	Lunch (Red Rice White Rice)	Snack	Extended Hours Service	Fruit	
Monday	Milk Wheat Bun	Apple Grape	Sliced Pork cooked with Chestnut, Carrot and Onion Pak Choy with Garlic Candied Date Soup boiled with Lotus Seed, Lily Bulb, Chinese Yam, Foxnut Seed, Goji Berry and Dried Longan	Penne with Tomato, Egg and Minced Meat		Extended Hours Service	Apple
Tuesday	Macaroni with Broccoli and Lean Pork	Apple Plantain	Sole Fillet cooked with Soybean Sprout, Bean Curd Puff and Bean Curd Dried Shrimp Shanghai Pak Choy Salmon Head Soup with Tomato, Potato, Bean Curd and Lean Pork	Oat Soy Milk Boiled Egg Steamed Bun			
Wednesday	Milk Sandwich with Jam	Apple Pitaya	Chicken Fillet cooked with Dried Lily Flower, Black Fungus and Egg Straw Mushroom Chinese Cabbage Lean Pork Soup boiled with Chayote, Soybean, Chestnut and Carrot	Rice Noodle with Sweet Corn, Lean Pork and Bean Sprout			
Thursday	Fusilli with Cabbage, Lean Pork and Egg	Apple Dried Apricot	Sliced Pork cooked with Potato, Carrot and White Radish Goji Berry Eggplant Lean Pork Soup with Lotus Root, Mung Bean, Dried Octopus and Water Chestnut	Low Sugar Soy Milk Steamed Sweet Corn			
Friday	Oatmeal with Milk and Egg	Apple Orange	Zucchini cooked with Sweet Corn, Egg and Vermicelli Stir-fry Long Cabbage with Lean Pork Chicken Soup boiled with Papaya, Peanut, Snow Fungus and Lotus Seed	Mixed Beans Sweet Soup Sponge Cake			
Saturday	Sweet Bun Milk	Apple	Rice Vermicelli with Sweet Corn and Egg	Extension			

*Seasonings include Corn Oil, Brown Sugar, Cane Sugar

**TWGHs Chiap Hua Cheng's Nursery School
Children's Menu**

(C)

Day	Breakfast	Fruit	Lunch (Brown Rice White Rice)	Snack	Extended Hours Service	Fruit	
Monday	Milk Oatmeal Cake	Apple Pear	Sliced Pork cooked with White Radish and Onion Choy Sum with Garlic Candied Date Soup boiled with Sweet Corn, Carrot and Mixed Beans	Macaroni with Mixed Vegetables, Egg and Lean Pork		Extended Hours Service	Apple
Tuesday	Rice Noodle with Shanghai Pak Choy and Lean Pork	Apple Banana	Sole Fillet cooked with Celery, Carrot and Bean Curd Dried Lily Flower Lettuce Fish Tail Soup boiled with Papaya, Black Bean, Peanut and Carrot	Oat Soy Milk Boiled Egg Steamed Bun			
Wednesday	Milk Egg Sandwich	Apple Pitaya	Chicken Fillet cooked with Oyster Mushroom, Egg and Onion Fresh Mushroom Hairy Gourd Lean Pork Soup boiled with Yellow Cucumber, Rice Bean and Candied Date	Udon with Tomato and Chicken Meat			
Thursday	Conchiglie with Long Cabbage and Lean Pork	Apple Fig	Sliced Pork cooked with Chestnut, Onion, Chinese Chive and Egg Goji Berry Green Bean Lean Pork Soup boiled with Carrot, Tomato and Potato	Low Sugar Soy Milk Boiled Sweet Potato			
Friday	Oatmeal with Milk and Sweet Corn	Apple Orange	Cucumber cooked with Carrot, Egg and Vermicelli Stir-fry Long Cabbage with Lean Pork Chicken Soup boiled with Coconut, Snow Fungus and Red Date	Sweet Corn and Lean Pork Porridge Sesame Bun			
Saturday	Boiled Egg Milk	Apple	Udon with Mixed Vegetables and Egg	Extension			

*Seasonings include Corn Oil, Brown Sugar, Cane Sugar

**TWGHs Chiap Hua Cheng's Nursery School
Children's Menu**

(D)

Day	Breakfast	Fruit	Lunch (Red Rice White Rice)	Snack	Extended Hours Service	Fruit	
Monday	Milk Sweet Bun	Apple Grape	Sliced Pork cooked with Taro, Celery and Onion Cabbage with Garlic Apple, Sea Coconut, Candied Date, Sweet and Bitter Almond Kernel Soup	Rice Vermicelli with Tomato, Onion, Egg and Minced Meat			
Tuesday	Macaroni with Choy Sum and Lean Pork	Apple Plantain	Sole Fillet cooked with Tomato, Onion and Potato Braised Baby Chinese Cabbage with Dried Shrimp Lean Pork Soup boiled with Sweet Corn, Carrot and Bean Curd	Oat Soy Milk Boiled Egg Sesame Bun			
Wednesday	Milk Sandwich with Peanut Paste	Apple Pitaya	Chicken Fillet cooked with Black Fungus, Egg and Celery Chinese Mushroom Cabbage Lean Pork Soup boiled with Pear, Snow Fungus, Sweet and Bitter Almond Kernel and Candied Date	Rice Noodle with Long Cabbage and Lean Pork			Apple
Thursday	Conchiglie with Tomato and Lean Pork	Apple Prune	Sliced Pork cooked with White Radish, Enoki Mushroom and Carrot Chinese Leek Bean Sprout Thick Soup with Bean Curd, Sweet Corn, Egg and Lean Pork	Low Sugar Soy Milk Cheese Sandwich			
Friday	Oatmeal with Milk and Egg	Apple Orange	Vermicelli cooked with Pumpkin, Sweet Corn and Egg Stir-fry Long Cabbage with Lean Pork Lean Pork Soup boiled with Peanut, Black-eyed Pea, Soybean and Candied Date	Red Bean Sweet Soup with Lotus Seed, Lily Bulb and Tangerine Peel Steamed Bun			
Saturday	Boiled Egg Milk	Apple	Rice Vermicelli with Sweet Corn and Egg	Extension			

*Seasonings include Corn Oil, Brown Sugar, Cane Sugar