

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

(A)

Day	Breakfast	Fruit	Lunch (Red Rice)	Snack	Extended Hours Service	Fruit
Monday	Milk Oatmeal Cake	Apple Pear	Stir-fry Sliced Pork with Black Fungus and Chinese Mushroom Stir-fry Carrot and Pak Choy Thick Soup with Bean Curd, Sweet Corn, Egg and Minced Meat	Wheat Bun Pumpkin, Sweet Corn and Egg Porridge		Apple
Tuesday	Milk Steamed Bun	Apple Banana	Stir-fry Onion, Tomato with Egg Lean Pork cooked with Choy Sum Arrowroot Soup with Lentil, Rice Bean and Lean Pork	Udon with Lettuce and Lean Pork		
Wednesday	Macaroni with Mixed Vegetables and Lean Pork	Apple Pitaya	Chicken Fillet cooked with Fresh Lily Bulb, Oyster Mushroom and Cucumber Steamed Egg with Minced Meat Carrot and Green Radish Soup boiled with Sweet Corn, Chestnut and Raw and Cooked China Barley	Milk Sponge Cake		
Thursday	Oatmeal with Milk and Sweet Corn	Apple Raisin	Sole Fillet cooked with Zucchini Stir-fry Potato and Onion with Egg Lean Pork Soup boiled with Papaya, Peanut and Black-eyed Pea	Sugarcane and Carrot Water Cheese Sandwich		
Friday	Low Sugar Soy Milk Sweet Bun	Apple Orange	Steamed Minced Meat with Water Chestnut Stir-fry Chinese Mushroom, Carrot and Cabbage with Egg Salmon Soup with Tomato and Potato	Steamed Bun, Steamed Sweet Corn Sweet Corn Water		
Saturday	Milk Boiled Egg	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**

(B)

Day	Breakfast	Fruit	Lunch (Five-grain Rice)	Snack	Extended Hours Service	Fruit	
Monday	Milk Wheat Bun	Apple Grape	Stir-fry Onion and King Oyster Mushroom with Egg Stir-fry Sliced Pork with Zucchini Thick Soup with Snow Fungus, Sweet Corn and Minced Meat	Steamed Rice Roll Ten-grain Porridge with Lean Pork			
Tuesday	Low Sugar Soy Milk Pancake	Apple Plantain	Stir-fry Tomato and Potato with Egg Stir-fry Chicken Fillet with Cucumber Fish Tail Soup boiled with Chinese Yam, Foxnut Seed, Hairy Gourd and Fig	Lemon Water Rice Noodle with Lettuce and Dumpling			
Wednesday	Alfabeto with Sweet Corn and Lean Pork	Apple Pitaya	Winter Melon cooked with Bean Curd Sheet and Bean Curd Puff Steamed Minced Meat with Water Chestnut Candied Date Soup boiled with Pear, Sweet Corn, Carrot and Sweet and Bitter Almond Kernel	Milk Super Soft Cake			Apple
Thursday	Oatmeal with Milk	Apple Dried Apricot	Stir-fry Straw Mushroom with Celery Bean Curd cooked with Sweet Corn, Egg and Lean Pork Lean Pork Soup boiled with Chayote and Black-eyed Pea	Snow Fungus, Carrot and Pear Water Tuna Sandwich			
Friday	Oat Soy Milk Sesame Bun	Apple Orange	Stir-fry Sole Fillet with Tomato and Onion Long Cabbage cooked with Vermicelli Lean Pork Soup boiled with Lotus Root, Mung Bean, Dried Octopus and Walnut	Sago Sweet Soup with Pumpkin and Milk Boiled Egg			
Saturday	Milk Raisin Bun	Apple	Macaroni with Mixed Vegetables 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 (Wild Rice)	Snack	Extended Hours Service	Fruit	
Monday	Milk Wheat Cake	Apple Pear	Sliced Pork cooked with Onion and Potato Stir-fry Choy Sum Lean Pork Soup with Seaweed, Bean Curb and Egg	Steamed Bun Brown Rice Porridge with Sweet Corn and Lean Pork			
Tuesday	Low Sugar Soy Milk Butter Roll	Apple Banana	Steamed Egg with Minced Meat Stir-fry Cucumber with Black Fungus and Carrot Fish Tail Soup boiled with Hairy Gourd, Lotus Seed, Foxnut Seed and Chinese Yam	Fusilli with Tomato and Chicken Meat			
Wednesday	Rice Vermicelli with Chinese Mushroom, Lean Pork and Lettuce	Apple Pitaya	Chicken Fillet cooked with Celery, Bean Curd and Egg Stir-fry Broccoli Candied Date Soup boiled with Chayote, Chestnut and Carrot	Milk Sponge Cake			Apple
Thursday	Oatmeal with Milk and Sweet Corn	Apple Fig	Sole Fillet with Baby Chinese Cabbage in Pumpkin Sauce Stir-fry Sweet Corn with Egg Lean Pork Soup boiled with Lotus Root, Mung Bean and Walnut	Sugarcane, Water Chestnut and Carrot Water Wheat Sandwich with Cheese			
Friday	Milk Sweet Bun	Apple Orange	Steamed Meat with Chinese Mushroom Stir-fry Long Cabbage with Onion and Egg Lean Pork Soup boiled with Pumpkin, Tomato and Red Kidney Bean	Sweet Soup with Peanut and Groat Pancake			
Saturday	Milk Boiled Egg	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**

(D)

Day	Breakfast	Fruit	Lunch (Brown Rice)	Snack	Extended Hours Service	Fruit	
Monday	Milk Wheat Bun	Apple Grape	Stir-fry Sliced Pork with Cabbage and Cucumber Stir-fry Onion with Egg Thick Soup with Sweet Corn, Bean Curd and Lean Pork	Steamed Rice Roll Tomato and Lean Pork Porridge		Extended Hours Service	Apple
Tuesday	Low Sugar Soy Milk Pancake	Apple Plantain	Stir-fry Tomato and King Oyster Mushroom with Egg Minced Meat with Eggplant Pak Choy and Lean Pork Soup	Lemon Water Rice Noodle with Mixed Vegetables and Dumpling			
Wednesday	Rice Vermicelli with Tomato, Egg and Lean Pork	Apple Pitaya	Stir-fry Chicken Fillet with Zucchini Stir-fry Pak Choy with Dried Lily Flower and Black Fungus Candied Date Soup boiled with Burdock Root, Carrot, Chestnut, Lily Bulb and Snow Fungus	Milk Super Soft Cake			
Thursday	Oatmeal with Milk	Apple Prune	Stir-fry Fish Fillet with Carrot and Sweet Pepper Stir-fry Pak Choy Lean Pork Soup boiled with Yellow Cucumber, Rice Bean and Lentil	Winter Melon and Sweet Corn Water Pork Fillet Hamburger			
Friday	Oat Soy Milk Raisin Bun	Apple Orange	Stir-fry Sliced Pork with Hairy Gourd and Sugar Snap Pea Steamed Egg Lean Pork Soup boiled with Chayote and Fish Tail	Sweet Potato Sweet Soup Honey Sandwich Bread			
Saturday	Milk Boiled Egg	Apple	Macaroni with Mixed Vegetables and Egg	Extension			

*Seasonings include Corn Oil, Brown Sugar, Cane Sugar