

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	Wheat Bun Milk	Apple Pear	Sole Fillet cooked with Hairy Gourd and Sweet Pepper Stir-fry Sweet Corn with Egg Thick Soup with Luffa, Black Fungus, Egg and Minced Meat	Conchiglie with Chinese Mushroom, Long Cabbage and Lean Pork		Apple
Tuesday	Pancake Oat Soy Milk	Apple Banana	Stir-fry Tomato, Onion with Egg Braised Pork Fillet with Cabbage Lean Pork Soup with Tomato, Sweet Corn and Red Kidney Bean	Steamed Rice Roll Lean Pork Porridge with Sweet Corn and Snow Fungus		
Wednesday	Macaroni with Baby Chinese Cabbage, Carrot and Lean Pork	Apple Pitaya	Steamed Chicken Meat with Chinese Mushroom and Black Fungus Stir-fry Zucchini with Egg Candied Date Soup boiled with Hairy Gourd, Sweet Corn, Snow Fungus, Lotus Seed, Chinese Yam and Foxnut Seed	Sponge Cake Milk		
Thursday	Oatmeal with Sweet Corn, Egg and Milk	Apple Raisin	Braised Straw Mushroom with Bean Curd Stir-fry Lean Pork with Broccoli and Onion Lean Pork Soup boiled with Lotus Root, Mung Bean and Dried Octopus	Tuna Long Bun Winter Melon and Sweet Corn Water		
Friday	Steamed Bun Low Sugar Soy Milk	Apple Orange	Stir-fry Sweet Corn, Carrot with Egg Stir-fry Eggplant with Minced Meat Lean Pork Soup boiled with Pumpkin, Tomato and Cashew	Sweet Bun Sweet Soup with Bean Curd Sheet, China Barley and Egg		
Saturday	Boiled Egg Milk	Apple	Stir-fry Udon with Tomato, Lettuce, Egg and Lean Pork	Extension		

*Seasonings include Corn Oil, Brown Sugar, Cane Sugar

**TWGHs Chiap Hua Cheng's Nursery School
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(B)

Day	Breakfast	Fruit	Lunch (Red Rice White Rice)	Snack	Extended Hours Service	Fruit	
Monday	Oatmeal Cake Milk	Apple Grape	Lean Pork cooked with Sweet Corn, Cabbage and Red Kidney Bean Steamed Egg Lean Pork Soup with Bean Curd and Egg	Rice Vermicelli with Carrot and Dumpling		Extended Hours Service	Apple
Tuesday	Raisin Bun Oat Soy Milk	Apple Plantain	Stir-fry Chicken Meat with Carrot, Potato and Soybean Sprout Stir-fry Chicken Onion with Egg Lean Pork Soup boiled with Apple, Chayote, Soybean and Snow Fungus	Steamed Bun Eight Treasures Porridge			
Wednesday	Alfabeto with Sweet Corn and Lean Pork	Apple Pitaya	Steamed Minced Meat with Chinese Mushroom and Water Chestnut Stir-fry String Bean with Egg Candied Date Soup boiled with Lotus Seed, Lily Bulb, Chinese Yam and Dried Longan	Butter Roll Milk			
Thursday	Raisin Oatmeal with Egg and Milk	Apple Dried Apricot	Braised Bean Curd Sheet with Carrot and Sweet Corn Stir-fry Long Cabbage with Lean Pork Salmon and Lean Pork Soup with Tomato, Potato and Bean Curd	Pork Fillet Hamburger Winter Melon Sweet Corn Candied Date Water			
Friday	Egg Mayonnaise Sandwich Low Sugar Soy Milk	Apple Orange	Stir-fry Fish Fillet with Tomato and Onion Hairy Gourd cooked with Vermicelli Lean Pork Soup boiled with Sweet Corn, Carrot, Fig and China Barley	Pancake Mixed Beans Sweet Soup			
Saturday	Sweet Bun Milk	Apple	Conchiglie with Choy Sum, Sweet Corn, Egg and Shredded Meat	Extension			

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**TWGHs Chiap Hua Cheng's Nursery School
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(C)

Day	Breakfast	Fruit	Lunch (Brown Rice White Rice)	Snack	Extended Hours Service	Fruit
Monday	Raisin Bun Milk	Apple Pear	Winter Melon cooked with Bean Curd Puff Stir-fry Sliced Pork with Oyster Mushroom and Bean Curd Sheet Thick Soup with Bean Curd, Sweet Corn, Egg and Minced Meat	Rice Noodle with Lettuce, Lean Pork and Egg		
Tuesday	Steamed Bun Oat Soy Milk	Apple Banana	Stir-fry Carrot, Onion, Chicken Meat and Cucumber Steamed Egg Lean Pork Soup boiled with Winter Melon, Rice Bean and Lentil	Steamed Rice Roll Pumpkin and Minced Meat Porridge		
Wednesday	Rice Vermicelli with Tomato, Sweet Corn and Lean Pork	Apple Pitaya	Braised Pork Fillet with Pak Choy, Straw Mushroom and Carrot Stir-fry Onion with Egg Candied Date Soup boiled with Apple, Sea Coconut, Sweet Corn and Sweet and Bitter Almond Kernel	Sponge Cake Milk		Apple
Thursday	Oatmeal with Sweet Corn, Egg and Milk	Apple Fig	Fish Fillet with Cauliflower and King Oyster Mushroom Stir-fry Tomato and Egg Lean Pork Soup boiled with Chinese Mushroom, Peanut and Black-eyed Pea	Pork Fillet Hamburger Carrot, Sugarcane and Water Chestnut Water		
Friday	Raisin Bun Low Sugar Soy Milk	Apple Orange	Stir-fry Zucchini with Black Fungus Lean Pork cooked with String Bean and Egg Lean Pork Soup boiled with Coconut and Snow Fungus	Butter Roll Red Bean Sweet Soup with Lotus Seed, Lily Bulb and Tangerine Peel		
Saturday	Boiled Egg Milk	Apple	Fusilli with Sweet Corn and Lean Pork in White Sauce	Extension		

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**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	Oatmeal Cake Milk	Apple Grape	Stewed Pork Fillet with Cabbage and Onion Stir-fry String Bean with Egg Thick Soup with Winter Melon, Chinese Mushroom, Sweet Corn and Minced Meat	Rice Vermicelli with Mixed Beans, Lean Pork and Wonton		Extended Hours Service	Apple
Tuesday	Butter Roll Low Sugar Soy Milk	Apple Plantain	Chicken Meat cooked with Bean Curd, Choy Sum and Sweet Corn Stir-fry Onion with Egg Arrowroot Soup boiled with Lentil, Rice Bean and Lean Pork	Steamed Bun Red Rice Porridge with Lettuce and Lean Pork			
Wednesday	Conchiglie with Lettuce, Lean Pork and Egg	Apple Pitaya	Stir-fry Lean Pork with Eggplant, Carrot and Zucchini Candied Date Soup boiled with Carrot, Sweet Corn, Cashew and Black-eyed Pea	Vanilla Super Soft Cake Milk			
Thursday	Oatmeal with Milk and Almond	Apple Prune	Stir-fry Broccoli with Lean Pork Bean Curd Sheet cooked with Carrot and Egg Lean Pork Soup boiled with Chinese Yam, Foxnut Seed, Hairy Gourd and Fig	Cheese Sandwich Apple, Snow Fungus, Sweet and Bitter Almond Kernel and Candied Date Water			
Friday	Sweet Bun Oat Soy Milk	Apple Orange	Sole Fillet cooked with Cauliflower, Pumpkin, Carrot and Egg Lean Pork Soup boiled with Apple, Sweet Corn and Snow Fungus	Honey Sandwich Bread Sweet Potato Sweet Soup			
Saturday	Crusty Bread Roll Milk	Apple	Stir-fry Rice Vermicelli with Long Cabbage, Chinese Mushroom, Egg and Shredded Meat	Extension			

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