

第三周、第五周	餐次 Date	周一 Monday (1/17、1/29)	周二 Tuesday (1/4、1/18、1/30)	周三 Wednesday (1/5、1/19)	周四 Thursday (1/6、1/20)	周五 Friday (1/7、1/21)
	早餐 Breakfast	坚果麦片+五香卤蛋+牛奶 Nut Oatmeal + Spiced Corned Egg + Milk	★自制莲藕虾饼+牛奶 过敏餐：莲藕鸡蛋饼 Homemade lotus root shrimp cake + milk	双菇蔬菜面+苹果 Double Mushroom Vegetable Noodle + Apple	山药桂圆粥+玉米棒 Yam Longan Congee + Corn Cob	豆沙小刀切+牛奶 Red Bean paste buns + milk
	课间果蔬	有机胡萝卜 Organic carrots	进口香蕉 Imported banana	人参果 Ginseng fruit	千禧 Cherry tomato	无籽红提 Grape
	午餐 Lunch	★醋溜排骨+什锦菠菜+娃娃菜番茄菌菇汤+黑米饭 ★Sweet and Sour Ribs + Sauteed assorted vegetables with Spinach + Baby cabbage tomato mushroom soup + Black rice	牛肉意面(牛肉、鸡蛋、杏鲍菇、西兰花、胡萝卜、洋葱)+罗宋汤 Beef pasta (beef, egg, king oyster mushroom, broccoli, carrot & onion) + Borscht	美极葱油鱼片+木须肉+海带虾皮豆腐汤+米饭 过敏餐：黄金肉糕 Fish Fillet in scallion oil + Fried Shredded Pork with Eggs and Black Fungus + Seaweed Shrimp Tofu Soup + Rice	腰果虾仁+素炒三脆+芋艿乳鸽汤+米饭 过敏餐：黄金肉糕 Cashew nut fried shrimp + a mix of three vegetarian dishes + taro pigeon soup + Rice	★香菇蜜汁鸡翅+面筋炒青菜+番茄鲫鱼萝卜丝汤+薏仁饭 Chicken wings + Stir-fried gluten bubble and greens + Crucian carp soup with tomato
	点心 Snack	水晶烧麦+草莓 Shumai + Strawberry	南瓜小米粥+红心柚 Pumpkin Millet Congee + Red Honey Pomelo	生日蛋糕/提子蛋糕+牛奶 Raisin Cake + Milk	★火龙果软欧包+牛奶 Pitaya Soft French Bread + Milk	白菜香芹猪肉大馄饨+雪莲果 Wonton + Yacon
第二周、第四周 Wee k2 /4	餐次 Date	周一 Monday (1/10、1/24)	周二 Tuesday (1/11、1/25)	周三 Wednesday (1/12、1/26)	周四 Thursday (1/13、1/27)	周五 Friday (1/14、1/28)
	早餐 Breakfast	草头鸡蛋饼+牛奶 Midicago Polymorpha Omelette + Milk	★奶香芝士小饼干+牛奶 Cheese cookie with milk flavor + milk	青菜肉末粥+香烤蜜薯 Greens minced pork Congee + Roasted sweet potato	自制蜜豆吐司+牛奶 Homemade Honey Bean Toast + Milk	菌菇疙瘩面+香蕉 Mushroom doughball + Banana
	课间果蔬	有机胡萝卜 Carrot	甜橙 Orange	龙眼 Longan	火龙果 Pitaya	千禧 Cherry tomota
	午餐 Lunch	★照烧巴沙鱼+塔菜炒冬笋+萝卜山楂牛肉汤+玉米饭 过敏餐：香煎鸡柳 Teriyaki Basa fish + Fried winter bamboo shoots with Brassicanarinosal + Beef soup	酱香鸭腿+蚝油生菜+蟹肉棒炖蛋+米饭 过敏餐：肉末蒸蛋 托小班：酱香鸭腿丁 Braised duck leg + Sauteed lettuce in Oyster Sauce + Stewed eggs with crab stick + Rice	黄金卤肉饭(无菌蛋、猪肉、豌豆、胡萝卜、洋葱、香菇)+三丝发菜羹 Braised Pork Rice (pasteurize egg, pork, peas, carrots, onions, shiitake mushrooms) + Vegetable soup	葱爆基围虾+荷塘小炒+黄豆猪蹄汤+米饭 过敏餐：肉末蒸蛋 Sauteed Shrimp with scallion + Stir-fried mixed vegetables (eg. Mangeout, lotus root and black fungus) + Soybean Trotter Soup	★孜然羊肉粒+手撕包菜+三鲜汤(龙利鱼、白菜、肉皮)+藜麦饭 Cumin diced mutton + stir-fried shredded cabbage + Basa fish Cabbage with pork skin soup + Quinoa rice
	点心 Snack	紫薯奶香燕麦羹+雪莲果 Sweet Potato and Oatmeal Soup with milk flavor + Yacon	肉末酸菜米线+奇异果 Rice Noodles with Minced Meat and Chinese Sauerkraut + Kiwi	★苹果山药饼+牛奶 Apple Yam Cake + Milk	芋圆芒果西米露+红心蜜柚 Mango Sago with taro + Red Honey Pomelo	★巧克力岩溶蛋糕+牛奶 Chocolate lava cake + Milk

