

		Week 1	Week 2	Week 3	Week 4
Monday	Snack	Fresh fruit/Cornflakes/ Yogurt/Raisins/ Milk/Brown Rice Milk	Fresh fruit/Cornflakes/ Yogurt/Raisins/ Milk/Brown Rice Milk	Fresh fruit/Cornflakes/ Yogurt/Raisins/ Milk/Brown Rice Milk	Fresh fruit/Cornflakes/ Yogurt/Raisins/ Milk/Brown Rice Milk
	Lunch	Hainanese Fried Chicken with Rice/ Winter Melon Soup/ Steamed Vegetables	Japanese Curry Spaghetti/ Steamed Vegetables	Chicken Teriyaki with Rice/ Radish Soup/ Steamed Vegetables	Katsudon/Cabbage Soup/ Steamed Vegetables
Tuesday	Snack	Fresh fruit/Cornflakes/ Steamed Pumpkin/ Milk/Brown milk	Fresh fruit/Cornflakes/ Bread with Pork and Mixed Vegetables/Milk/Brown milk	Fresh fruit/Cornflakes/ Steamed Pumpkin/ Milk/Brown milk	Fresh fruit/Cornflakes/ Chicken Teriyaki Pizza/ Milk/Brown milk
	Lunch	Noodle with Vegetable in Chinese Gravy Sauce/Steamed Vegetables	Chicken Rice with Omelet/ Steamed Vegetables	Penne Spaghetti with Pork in Tonkatsu Sauce/Winter Melon Soup/ Steamed Vegetables	Pasta in Minced Pork Soup/ Steamed Vegetables
Wednesday	Snack	Fresh fruit/Home-made Soy Milk Waffle(Dairy Free)/ Milk/ Brown Rice milk	Fresh fruit/Dairy Free Banana Cake/ Milk/ Brown Rice milk	Fresh fruit/Dairy Free Homemade Carrot and Banana Cake/ Milk/Brown Rice milk	Fresh fruit/ Apple Crumble/ Milk/ Brown Rice milk
	Lunch	Pork Teriyaki with Rice/ Vegetable Soup/ Steamed Vegetables	Minced Pork in Chinese Brown Sauce with Rice/ Steamed Vegetables	Chicken Rice with Vegetables/ Chinese Cabbage Soup/ Steamed Vegetables	Boiled Rice with Dory Fish /Steamed Vegetables
Thursday	Snack	Fresh Fruit/Steamed Corn/ Milk/ Brown Rice Milk	Fresh Fruit/Carrot and Cucumber Sticks/ Milk/ Brown Rice Milk	Fresh Fruit/Steamed Corn/ Milk/ Brown Rice Milk	Fresh fruit/Pumpkin in Thai Coconut Milk/Milk/Rice milk
	Lunch	Bolognese Spaghetti/ Steamed Vegetables	Chinese Rice Noodles in Soup/ Steamed Vegetables	Yakisoba/Carrot Soup/ Steamed Vegetables	Chicken Macaroni/Winter Melon Soup/ Steamed Vegetables
Friday	Snack	Fresh fruit/Boiled Egg Sandwiches/ Milk/ Brown Rice milk	Fresh fruit/Tuna Sandwiches/ Milk/ Brown Rice milk	Fresh fruit/Boiled Egg Sandwich/ Milk/ Brown Rice milk	Fresh fruit/Tuna Sandwiches/ Milk/ Brown Rice milk
	Lunch	Salmon Teriyaki with Rice/ Cucumber Soup/Steamed Vegetables	Rolled Dory Fish with Seaweed/ Baked Potato/Steamed Vegetables	Steamed Dory Fish in Soy Sauce with Rice/Steamed Vegetables	Fish Fingers/Baked Potato/ Steamed Vegetables