

MENU NURSERY-G1

	Monday 2023-08-14	Tuesday 2023-08-15	Wednesday 2023-08-16	Thursday 2023-08-17	Friday 2023-08-18
Snack	Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Vegetable Pie Fruit Cut	Cheese Sandwich Fruit Cut
Set Meal	Stir Fry Noodles 炒面 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 Allergy: flour, soya sauce, oyster sauce	Chicken Curry 咖喱鸡肉 Vegetable Sticks 蔬菜条 Steamed Rice 米饭 Allergy: coconut, curry paste	Pork Rolls 猪肉卷 Sweet Corn and Vegetables 玉米粒炒蔬菜 Vegetable Sticks 蔬菜条 Allergy: flour, pork, soya sauce, green garlic	Baked Fusilli w/Meat patty 螺旋面配牛肉饼 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 Allergy: Beef, onion, tomato sauce	Steamed Rice with Sausage 腊味煲仔饭 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 Allergy: pork, soya sauce
Fruit	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Drinks	Milk/Yoghurt/Yakult	Milk/Yoghurt/Yakult	Milk/Yoghurt/Yakult	Milk/Yoghurt/Yakult	Milk/Yoghurt/Yakult
Nutritional reading over the week	Energy 热量 (Kcal) Protein 蛋白质 (g) Carbohydrate 碳水化合物 (g) Fat 脂肪 (g)				
每周营养分析	730 26 105 24				
Nutritional recommendation					
营养建议	725 25 100 25				

Morning snack offer available at 6 rmb, Snack are only available for daily set lunch consumers.