

MENU NURSERY-G1

	Monday 2023-08-21	Tuesday 2023-08-22	Wednesday 2023-08-23	Thursday 2023-08-24	Friday 2023-08-25
Snack	Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Cookies Fruit Cut	Banana Bread Fruit Cut	Vegetable Sandwich Fruit Cut
Set Meal	Margherita Pizza 比萨 Sweet Corn and Broccoli 玉米粒西兰花 Vegetable Sticks 蔬菜条 Allergy: flour, tomato sauce, cheese, herb	Sauteed Chicken with Broccoli 西兰花炒鸡肉 Vegetable Sticks 蔬菜条 Rice 米饭 Allergy: soya sauce	Baked Beef Macaroni 小弯牛肉面 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 Allergy: flour, beef, tomato sauce, herb	Teriyaki Chicken 日式照烧鸡排 Cauliflower with Tomato Sauce 番茄菜花 Rice 米饭 Allergy: chicken, crumb, cauliflower, tomato	Pork Stew 卤肉饭 Vegetable Sticks 蔬菜条 Rice 米饭 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)
每周营养分析	726		24		105
Nutritional recommendation	Energy 热量 (Kcal)		Protein 蛋白质 (g)		Carbohydrate 碳水化合物 (g)
营养建议	725		25		100
				Fat 脂肪 (g)	27
					25

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