

# MENU NURSERY-G1

|  | Monday 2024-05-13  | Tuesday 2024-05-14   | Wednesday 2024-05-15   | Thursday 2024-05-16  | Friday 2024-05-17   |
|--|--|--|--|--|---|
| Snack                                    | <b>Yoghurt</b><br><b>Fruit Cut</b>   | <b>Carrot Cake</b><br><b>Fruit Cut</b>   | <b>Cookies</b><br><b>Fruit Cut</b>   | <b>Banana Bread</b><br><b>Fruit Cut</b>  | <b>Vegetable Sandwich</b><br><b>Fruit Cut</b>   |
| Set Meal                                 | <b>Margherita Pizza</b><br>比萨<br><br><b>Sweet Corn and Broccoli</b><br>玉米粒西兰花<br><br><b>Vegetable Sticks</b><br>蔬菜条<br><br><b>Allergy: flour, tomato sauce, cheese, herb</b> | <b>Grilled Sausage with Gravy</b><br>烧汁香肠<br><br><b>Vegetable Sticks</b><br>蔬菜条<br><br><b>Mashed Potato</b><br>土豆泥<br><br><b>Allergy: soya sauce, milk</b> | <b>Kimbab</b><br>韩式饭卷<br><br><b>Vegetable Sticks</b><br>蔬菜条<br><br><b>Allergy: egg, soya sauce</b> | <b>Pork Dumplings</b><br>猪肉白菜水饺<br><br><b>Sweet Corn and Vegetables</b><br>玉米粒炒蔬菜<br><br><b>Vegetable Sticks</b><br>蔬菜条<br><br><b>Allergy: flour, pork, soya sauce, green garlic</b> | <b>Baked Beef Macaroni</b><br>小弯牛肉面<br><br><b>Stir Fry Zucchini and Corn</b><br>西葫玉米<br><br><b>Vegetable Sticks</b><br>蔬菜条<br><br><b>Allergy: flour, beef, tomato sauce, herb</b> |
| Fruit                                    | <b>Fruit of the Day</b>  | <b>Fruit of the Day</b>  | <b>Fruit of the Day</b>  | <b>Fruit of the Day</b>  | <b>Fruit of the Day</b>   |
| Drinks                                   | <b>Milk/Yoghurt/Yakult</b>   | <b>Milk/Yoghurt/Yakult</b>   | <b>Milk/Yoghurt/Yakult</b>   | <b>Milk/Yoghurt/Yakult</b>   | <b>Milk/Yoghurt/Yakult</b>  |
| <b>Nutritional reading over the week</b> | <b>Energy 热量 (Kcal)</b>  |  | <b>Protein 蛋白质 (g)</b>   |  | <b>Fat 脂肪 (g)</b>   |
| 每周营养分析                                   | 726  |  | 24   |  | 27  |
| <b>Nutritional recommendation</b>        | <b>Energy 热量 (Kcal)</b>  |  | <b>Protein 蛋白质 (g)</b>   |  | <b>Fat 脂肪 (g)</b>   |
| 营养建议                                     | 725  |  | 25   |  | 25  |

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