

MENU NURSERY-G1

	Monday 2024-05-20	Tuesday 2024-05-21	Wednesday 2024-05-22	Thursday 2024-05-23	Friday 2024-05-24
Snack	Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Vegetable Pie Fruit Cut	Cheese Sandwich Fruit Cut
Set Meal	Fried Rice with Egg 炒饭 Cauliflower with Tomato Sauce 番茄菜花 Vegetable Sticks 蔬菜条 Allergy: egg, soya sauce	Sauteed Chicken with Broccoli 西兰花炒鸡肉 Vegetable Sticks 蔬菜条 Rice 米饭 Allergy: soya sauce	Hot Dog 热狗 Vegetable Sticks 蔬菜条 Roasted Potato 烤土豆 Allergy: flour, pork, soya sauce	Teriyaki Chicken 日式照烧鸡排 Cauliflower with Tomato Sauce 番茄菜花 Rice 米饭 Allergy: chicken, crumb, soya sauce	Beef Balls with Gravy 烧汁牛肉丸 Vegetable Sticks 蔬菜条 Mashed Potato 土豆泥 Allergy: beef, 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	Energy 热量 (Kcal)		Protein 蛋白质 (g)	Carbohydrate 碳水化合物 (g)	Fat 脂肪 (g)
营养建议	725		25	100	25

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