

Date	Monday (10/9、10/23)	Tuesday(10/10、10/24)	Wednesday (10/11、10/25)	Thursday (10/12、10/26)	Friday(10/13、10/27)
Morning 早餐	EDO饼干+香蕉片+蜂蜜玉米糊 EDO cracker, banana & corn paste	自制蛋黄酥+火龙果+酸奶 Homemade egg-yolk puff, dragon fruit & yogurt	小米粥+红心甜薯 Millet porridge & sweet potato	自制蔬菜煎饼+肉松+牛奶 Homemade vegetable pancake, meat floss & milk	奶酪面包棒+炼乳+酸奶 Cheese bread, condensed milk & yogurt
Lunch 午餐	咖喱土豆牛肉+花菜香干+虾皮豆腐汤+米饭 Curry beef w.potato, cauliflower and bean curd, Shrimp tofu soup and rice	鸡腿菇里脊肉片+青菜百叶+扁尖冬菇鸡块汤+小米饭 Pork fillet w. drumstick mushroom, tofu skin stir-fried w. vegetable, Chicken soup w. mushroom & bamboo and rice	银鱼炒蛋+日式乌冬面+萝卜排骨汤 Fired egg w. whitebait, Udon noodles and rib soup w. turnip	★蚝油鸭脯+油焖茄子+白菜木耳肉圆汤+米饭 Duck breast in oyster sauce, braised eggplant, meatball soup w. cabbage & fungus and rice	香炸鸡块+什锦炒饭+奶油蘑菇汤 Cube chicken, mixed fired rice and cream mushroom soup
Snack 点心	★自制芝麻烤饼+苹果 Homemade scone w. sesame and apple	自制牛奶刀切+雪梨 Homemade Milk steamed bun and pear	自制杏仁蛋糕+冬枣 Homemade almond cake and winter jujube	自制糯米烧麦+香蕉 Homemade steamed dumplings and banana	自制美式苹果派+无籽提子 Homemade apple pie and grapes
Date	Monday (10/16、10/30)	Tuesday (10/17、10/31)	Wednesday (10/18、11/1)	Thursday (10/19、11/2)	Friday(10/20、11/3)
Morning 早点	亨利玉米片+葡萄干+牛奶燕麦粥 Corn flake, raisin & Oatmeal porridge w. milk	自制南瓜卷+腰果+酸奶 Homemade Pumpkin rolls, cashew & yogurt	吐司切片+黄油果酱+牛奶 Toast slices, butter & milk	赤小豆薏米粥+白煮蛋 Barley congee w. red bean & boiled eggs	自制鸡蛋饼+酸奶+香蕉 Homemade omelette, yogurt & banana
Lunch 午餐	芋艿烧肉+香菇菜心+西红柿蛋汤+米饭 Taro & pork, flowering cabbage & mushroom, egg soup w. tomato and rice	板栗鸡丁+葱油白菜+莲藕排骨汤+薏米饭 Chicken w. chestnut, Boiled cabbage w. scallions, rib soup w. lotus root and barley rice	★番茄花菜烩牛腩+白菜面筋+荠菜豆腐羹+白糯米饭 Braised beef w. tomato & cauliflower, cabbage & gluten, Tofu shepherd's purse soup and rice	虾仁炒玉米+红烧冬瓜+山药鸭块汤+米饭 Fried shrimp w. corn, braised winter melon, duck soup w. yam and rice	蜜汁翅根+番茄意面+罗宋汤 Chicken drum stick in honey sauce, Spaghetti w. tomato and borsch
Snack 点心	★自制果珍糕+火龙果 Homemade fruit cake and dragon fruit	自制葡式蛋挞+雪梨 Homemade egg tart and pear	自制蜂蜜发糕+香蕉 Homemade steamed sponge cake and banana	自制巧克力蛋糕+柚子 Homemade chocolate cake and pomelo	自制酥油饼干+苹果 Homemade butter cookies and apple