

Sample Weekly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH				
肉末烧豆腐 蒜蓉西兰花 Ground turkey Tofu Mixed vegetables Rice Milk	烤鸡块 芝士通心粉 什锦水果 Chicken nuggets Mac n Cheese Mixed fruits Milk	明炉烤鸡 干煸四季豆 Roasted chicken Sautéed green bean Rice Milk	叉烧炒鸡蛋 蚝油芥兰 BBQ pork and eggs Chinese broccoli with oyster sauce Rice Milk	三杯鸡 腊味土豆丝 Soy sauce chicken Shredded potato Rice Milk
AM SNACK				
Graham crackers Pineapples	Ritz Raisins	Goldfish Crackers Corn	Pretzels Tangerines	Animal Crackers Carrots
PM SNACK				
Yogurt Toasts Pears	Cream cheese Bagels Strawberries	Yogurt Croissants Bananas	Cheese sticks Muffins Grapes	Milk Cereal Apples