

MENU NURSERY-G2

	Monday 2024-08-12	Tuesday 2024-08-13	Wednesday 2024-08-14	Thursday 2024-08-15	Friday 2024-08-16
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	Baked Rice with Sausage 香肠芝士焗饭 Stir Fried Cabbage 炒洋白菜 Vegetable Sticks 蔬菜条 Allergy: milk, cheese	Pork Dumplings 猪肉白菜水饺 Sweet Corn and Vegetables 玉米粒炒蔬菜 Vegetable Sticks 蔬菜条 Allergy: flour, pork, soya sauce, green garlic	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, soya sauce
Fruit	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal)		Protein 蛋白质 (g)		Fat 脂肪 (g)
Nutritional recommendation 营养建议	726		25		27
	725		25		100
			105		25

Morning snack offer available at 6 rmb

