



CHEN LI KINDERGARTEN
SNACK & LUNCH MENU (TERM 3, 2021)



真理幼稚园 第三学期菜单

Weeks 1 & 3	SNACK	Week 1 - LUNCH	Week 3 - LUNCH
Monday	Pandan / Butter Cake	Rice with Watercress, Carrot & Chicken Soup	Rice with Watercress, Carrot & Chicken Soup
Tuesday	Fruits with Cereals	Broccoli, Carrot & Chicken Porridge	Spinach, Carrot & Chicken Porridge
Wednesday	Oats with Milk	Rice with Hairy Gourd, Carrot & Chicken	Rice with Hairy Gourd, Carrot & Chicken
Thursday	Chee Cheong Fun (Steam Rice Roll)	Macaroni soup with Xiao Bai Chye, Carrot & Chicken	Macaroni soup with Xiao Bai Chye, Carrot & Chicken
Friday	Jam Sandwich (Wholemeal)	Chop Suey Rice with Chye Sim, Egg & Chicken	Chop Suey Rice with Chye Sim, Egg & Chicken

Weeks 2 & 4	SNACK	Week 2 - LUNCH	Week 4 - LUNCH
Monday	Pandan / Butter Cake	Fried Rice with Fish Cake, Carrot, Egg & Lettuce	Fried Rice with Fish Cake, Carrot, Egg & Lettuce
Tuesday	Fruits with Cereals	Rice with Steam Egg, Chicken and Spinach	Wholemeal Bread with Fish Fillet & Lettuce
Wednesday	Steam Mantou (Bun)	Fried Wholegrain Noodles with Chye Sim, Egg & Chicken	Fried Wholegrain Noodles with Chye Sim, Egg & Chicken
Thursday	Milo with Biscuits	Fried Carrot cake & Lettuce	Fried Carrot cake & Lettuce
Friday	Margarine Sandwich (Wholemeal)	Rice with Chicken, Bean Curd, Cabbage & Carrot	Rice with Chicken, Bean Curd, Cabbage & Carrot

第一 / 三周	点心	第一周午餐	第三周午餐
星期一	蛋糕	西洋菜, 萝卜, 鸡肉汤饭	西洋菜, 萝卜, 鸡肉汤饭
星期二	水果加谷粮	西兰花, 萝卜, 鸡肉粥	苋菜, 萝卜, 鸡肉粥
星期三	燕麦加牛奶	毛瓜, 萝卜, 鸡肉汤饭	毛瓜, 萝卜, 鸡肉汤饭
星期四	猪肠粉	通心粉, 小白菜, 萝卜, 鸡肉, 汤	通心粉, 小白菜, 萝卜, 鸡肉, 汤
星期五	果酱全麦面包	菜心, 鸡蛋, 鸡肉, 烩饭	菜心, 鸡蛋, 鸡肉, 烩饭

第二 / 四周	点心	第二周午餐	第四周午餐
星期一	蛋糕	白鱼饼, 萝卜, 鸡蛋, 生菜炒饭	白鱼饼, 萝卜, 鸡蛋, 生菜炒饭
星期二	水果加谷粮	苋菜, 鸡肉蒸鸡蛋, 饭	全麦面包夹鱼柳, 生菜
星期三	馒头	全麦福建面炒菜心, 鸡蛋, 鸡肉	全麦福建面炒菜心, 鸡蛋, 鸡肉
星期四	饼干加美禄	炒萝卜糕, 生菜	炒萝卜糕, 生菜
星期五	菜油全麦面包	鸡肉, 豆干 + 包菜炒红萝卜 饭	鸡肉, 豆干 + 包菜炒红萝卜 饭

Rice: > 20% of brown rice included

Noodles :> 100% wholegrain noodles included

饭/粥 : 20%以上的糙米

面 : 100% 全麦