



CHEN LI KINDERGARTEN  
SNACK & LUNCH MENU (TERM 1, 2018)



真理幼稚园 第一学期菜单

Weeks 1 & 3	SNACK	LUNCH
Monday	Fruits with Cereals	Spinach, Chicken & Fish Porridge
Tuesday	Wholemeal Bread with Jam/Margarine	Marrow & Minced Chicken Soup with Rice
Wednesday	Oats with Milk	Broccoli/ Cauliflower, Chicken Rice
Thursday	Pandan Cake	Spinach, Carrot, Chicken Macaroni
Friday	Milo with Cereals	Soya Sauce Chicken with Potato, Onion & Rice

Weeks 2 & 4	SNACK	LUNCH
Monday	Fruits with Cereals	Cabbage, Chicken & Fish Macaroni
Tuesday	Wholemeal Bread with Margarine	Fried Rice with Cabbage, Fish Cake (white), Egg
Wednesday	Oats with Milk	Spinach & Minced Chicken Soup with Rice
Thursday	Milo with Biscuits	Long Beans, Carrot, Chicken with Rice
Friday	Egg Sandwich	Spinach, Chicken Porridge

第一 / 三周	点心	午餐
星期一	水果加谷粮	苋菜、鸡肉、鱼片粥
星期二	菜油/果酱全麦面包	毛瓜汤、鸡肉配饭
星期三	燕麦加牛奶	西兰花、椰菜花, 鸡肉饭
星期四	班兰叶蛋糕	菠菜、胡萝卜、鸡肉通心粉
星期五	谷粮加美禄和牛奶	酱油鸡、马铃薯、大葱配饭

第二 / 四周	点心	午餐
星期一	水果加谷粮	大白菜、鸡肉、鱼肉通心粉
星期二	菜油全麦面包	包菜、白鱼饼、鸡蛋炒饭
星期三	燕麦加牛奶	苋菜、鸡肉汤配饭
星期四	饼干加美禄和牛奶	长豆、胡萝卜、鸡肉配饭
星期五	鸡蛋面包	菠菜、鸡肉粥

Rice: > 20% of brown rice included

饭/粥: 20%以上的糙米