

Meals for the first week

Week	Breakfast	A.M. Snacks	Lunch	P.M. Snacks	W.D. Snacks
Mon	Small Bun Low Sugar Soy Milk	Fruits Water	Steamed Pork Patty with Water Chestnut and Oatmeal Fried vegetables Carrot And Corn Soup Dragon Friut/Other Friut	Fruits Water	Tomato Meat Congee Water
Tue	Beans and Chicken Penne Water	Bread Low Sugar Soy Milk	Salmon in Lemon Sauce Boiled vegetable Pumpkin and Tomato Soup Cucumis melon/Other Friut	Bread Low Sugar Soy Milk	Sago with Coconut Milk Water
Wed	Cornflakes or Cereal with Milk Water	Pumpkin Meat Congee/ Beans and Pork Penne Pasta Water	Beef Stir-fry with Bell Peppers Poached Vegetable Soup Chayote Melon Soup with Fig Apple/Other Friut	Pumpkin Meat Congee/ Beans and Pork Penne Pasta Water	Egg Sandwichs
Thur	Vegetable and Pork Penne Past Water	Bread Low Sugar Soy Milk	Fried Pork with Lily Bulbs Cucumber Boiled Vegetables Apple Soup with Water Chestnut Orange/Other Friut	Bread Low Sugar Soy Milk	Boiled Egg Water
Fri	Sandwich With Jam Low Sugar Soy Milk	Fruits Water	Pan-fried Udon with Pork and Cabbage Poached Vegetable Soup Lotus Root Soup with Green Beans Banana/Other Friut	Fruits Water	Steamed Cake Water
Sat	Cornflakes or Cereal with Milk Water				
	Friut				