

Menus

This is the current menu for Early Years children. There are four lunch choices every day.

Weekly	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning snack	Selection of fruit (banana / watermelon / pineapple / guava / dragon fruit / apple / orange / cantaloupe)					
	Plain yoghurt or unsweetened cereal					
	Choice of dairy milk / soya milk / water					
Lunch	Choice 1	Pasta shapes with tomato sauce J V H	Kao Mun Kai (boiled chicken with clear soup) and rice H	Laad Na kai (boiled kale) with noodles V, H	Teriyaki chicken with peas, carrots and rice H	Fried fish in breadcrumbs with fries, sweetcorn and peas H
	Choice 2	Pasta shapes with beef bolognaise including carrots H	Roast chicken with gravy, snow peas and hash browns H	Cheese and tomato omelette with peas, sweetcorn and rice V, H	Poached fish in white sauce, with peas, carrots and mashed potato H	Fried chicken in breadcrumbs with fries, sweetcorn and peas H
	Choice 3	Minced chicken with gourd soup and rice H	Fish in sweet and sour sauce with bell peppers, pineapple and rice H	Stir-fried chicken with mixed vegetables in oyster sauce and rice H	Egg fried rice, mixed vegetables and glass noodle soup H	Scrambled eggs, baked beans and boiled potato H
	Choice 4	Cauliflower and tomato gobi with rice and yoghurt J V H	Lentils with masala sauce and boiled rice J V H	Saag (Spinach curry) with boiled rice J V H	Mathar Sabji (Pumpkin and peas in masala sauce) with rice J V H	Pindi Channa (okra in masala sauce) with rice J V H
sweet	Fruit (as in morning break)					
	Water					

J = suitable for Jain diet, V = suitable for Vegetarian diet, H = suitable for Halal diet