

Making every day  
a better day



Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soda cookies</b> 苏打饼干 <b>Vegetable congee</b> 蔬菜粥 <b>Jam cake</b> 果酱蛋糕	<b>Brown bread</b> 全麦吐司 <b>Vegetable congee</b> 蔬菜粥 <b>Scramble egg</b> 炒蛋 <b>Golden cake</b> 黄金糕	<b>Brown bread</b> 全麦吐司 <b>Plain congee</b> 白粥 <b>Muffin</b> 麦芬 <b>Dumpling</b> 饺子	<b>Brown bread</b> 全麦吐司 <b>Sticky rice with mango</b> 甜粥 <b>Fried noodle</b> 炒面 <b>Banana cake</b> 香蕉蛋糕	<b>Brown bread</b> 全麦吐司 <b>Vegetable congee</b> 蔬菜粥 <b>Garlic bread</b> 蒜茸面包 <b>Butter cookies</b> 黄油饼干

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soda cookies</b> 苏打饼干 <b>Vegetable congee</b> 蔬菜粥 <b>Jam cake</b> 果酱蛋糕	<b>Brown bread</b> 全麦吐司 <b>Vegetable congee</b> 蔬菜粥 <b>Mini-veg pizza</b> 迷你蔬菜匹萨 <b>Steamed bun</b> 蒸馒头	<b>Brown bread</b> 全麦吐司 <b>Plain congee</b> 白粥 <b>Muffin</b> 麦芬 <b>Noodle soup</b> 面串条	<b>Brown bread</b> 全麦吐司 <b>Sweet congee</b> 甜粥 <b>Spring onion cake or spring roll</b> 春卷或葱油饼 <b>Chocolate cake</b> 巧克力蛋糕	<b>Brown bread</b> 全麦吐司 <b>Vegetable congee</b> 蔬菜粥 <b>Dumpling</b> 饺子 <b>Garlic bread</b> 蒜茸包