

## Week 1 JINGBAO BILINGUAL CHILDREN'S CENTRE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	<ul style="list-style-type: none"> <li>• Bread</li> <li>• Jam</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal with Milk</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Social Tea Biscuits</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal with Milk</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Bread</li> <li>• Cheese</li> <li>• Fresh fruits</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Homemade Macaroni with shredded cheddar cheese sauce</li> <li>• Vegetables</li> <li>• Fresh fruits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chinese noodles with fresh vegetables, carrot, onions and chicken slices</li> <li>• Fresh fruits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Spaghetti with Ground beef and onion Sauce</li> <li>• Salad</li> <li>• Seasonal fruit</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Fish fillet, Tofu, celery, onion in mushroom sauce</li> <li>• Rice</li> <li>• Fruit Yogurt</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh fruits</li> <li>• Vegetable</li> <li>• Egg or cheese Sandwiches</li> <li>• Milk</li> </ul>
<b>Afternoon snack</b>	<ul style="list-style-type: none"> <li>• Graham Crackers</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Pita with Chickpea butter or Jam</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Cracker</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Nachos</li> <li>• Cheese slices</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Homemade Banana Bread</li> <li>• Fresh fruits</li> </ul>

\*Water is available all times

\*Everyday provide 2 serv. Milk, 2 serv. Fruit, 2 serv. Protein, 2 serv. Vegetables, 3 serv. Grains

\*Cereals include Corn flakes, Cheerios, Rice Krispies

\* Bread include White bread, Whole wheat bread, English muffin, Pita, Bagel



## Week 2 JINGBAO BILINGUAL CHILDREN'S CENTRE

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	<ul style="list-style-type: none"> <li>• Bread with ChickPea Butter</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal with Milk</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Crackers with Cream cheese</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal with Milk</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Bread with Jam or butter</li> <li>• Fresh fruits</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Tuna Casserole</li> <li>• Peas</li> <li>• Fresh fruits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken and Vegetable</li> <li>• Plain Rice</li> <li>• Seasonal fruit</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Homemade Pizzas (pizza sauce, shredded cheese)</li> <li>• Vegetables</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Meatballs in Tomato Sauce</li> <li>• Rice or noodle</li> <li>• Vegetable</li> <li>• Yogurt</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh fruits and vegetable</li> <li>• Chicken or cheese Sandwiches</li> <li>• Milk</li> </ul>
<b>Afternoon Snack</b>	<ul style="list-style-type: none"> <li>• Cheerio</li> <li>• Cheese slice</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Multigrain wrap with Jam</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Social Tea Biscuits with Chick Pea Butter</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Homemade Popcorn</li> <li>• Cheese Cubes</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot cake</li> <li>• Fresh fruits</li> </ul>

Water is available all times

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\*Cereals include Corn flakes, Cheerios, Rice Krispies

\* Bread include White bread, Whole wheat bread, English muffin, Pita, Bagel



## Week 3 JINGBAO BILINGUAL CHILDREN'S CENTRE

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	<ul style="list-style-type: none"> <li>• Bread with Chick Pea Butter</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal with Milk</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Crackers with Cream cheese</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal with Milk</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Bread with Jam or butter</li> <li>• Fresh fruits</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Tomato scramble eggs</li> <li>• Plain rice</li> <li>• Vegetables</li> <li>• Fresh fruits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Pancakes</li> <li>• Sausages</li> <li>• vegetables</li> <li>• Fresh fruits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Mix vegetable, Chicken stew, pasta with crackers</li> <li>• Fresh fruits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Potato, vegetable, Ground beef</li> <li>• Rice</li> <li>• Seasonal Fruit</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh fruits</li> <li>• Vegetables</li> <li>• Tuna or cheese Sandwiches</li> <li>• Milk</li> </ul>
<b>Afternoon Snack</b>	<ul style="list-style-type: none"> <li>• Pita Bread with Jam or butter</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Cracker</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Bagels with Cream Cheese or butter</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Celery with Cheese Cubes</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Homemade Fruit Muffins</li> <li>• Fresh fruits</li> </ul>

Water is available all times

\*Everyday provide 2 serv. Milk, 2 serv. Fruit, 2 serv. Protein, 2 serv. Vegetables, 3 serv. Grains

\*Cereals include Corn flakes, Cheerios, Rice Krispies

\* Bread include White bread, Whole wheat bread, English muffin, Pita, Bagel

