









































# Lunch Menu for DUCKS (Toddlers to Year 2)

7 March 2022 to 11 March 2022

|  | MONDAY  | TUESDAY  | CONSCIOUS WEDNESDAY**  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|--|
|  | 7 March   | 8 March  | 9 March  | 10 March   | 11 March   |
| <b>MORNING SNACK*</b>  | Cherry Tomatoes & Multigrain Bun<br> | Vegetable Baozi & Soy Bean Milk<br> | Corn on the Cob & Shao Mai<br>      | Carrot Sticks & Purple Potato Bun<br> | Muffin & Yoghurt<br>                                |
| <b>WESTERN SET</b>   | Roast Chicken Drumstick with Gravy  | Chicken Fajita Wrap  | Ham, Mushroom and Tomato Pizza   | Beef Lasagna   | Spaghetti Bolognese  |
|  | Roasted Pumpkin & Cauliflower<br>    | Corn on the cob & Broccoli<br>      | Cauliflower<br>                     | Peas<br>                              | Carrots<br>   |
| <b>ASIAN SET</b>   | Pork Chow Mein  | Beef with Mushrooms and Black Pepper Sauce   | <b>Taiwanese Braised Z-Rou Rice with Dried Tofu</b>  | Shanghai Style Duck Breast   | Shredded Pork in Beijing Sauce   |
|  | Sauteed Mixed Vegetables  | Spinach  | <b>Cabbage</b>   | Wok-Fried Bok Choy with Shitake  | Chinese Greens   |
|  |                                      | Multigrain Rice<br>                 |                                     | Fried Rice<br>                        | Steamed Rice with Pumpkin<br>                       |
| <b>VEGETARIAN SET</b><br> | Vegetable Chow Mein<br>            | Vegetable Fajita Wrap<br>         | Vegetable Stuffed Pastry Roll<br> | Vegetable Lasagna<br>               | Ratatouille with Pasta OR Rice (as GF option)<br> |
|  | <b>DAILY FRUIT &amp; DESSERTS</b>   | Apple  | Orange   | Pear   | Banana   |
| <b>AFTERNOON SNACK*</b>  | Black Rice Cake & Apple<br>        | Waffle & Orange<br>               | Millet Cake & Pear<br>            | Mini Croissant<br>                  | Blueberries & Cheese & crackers<br>               |

\* Only for students in Toddlers, Nursery and Reception

\*\* Conscious Wednesday is a new initiative, where Z-Rou, a new plant-based meat alternative, will be offered as one of the lunch options on Wednesdays. Please click [here](#) for more details.

|   |   |   |  |  |
|---|---|---|--|--|
|  Suitable for vegetarians |  Contains pork |  Contains Milk/Dairy |  Contains Lamb   |  Not spicy    |
|  Contains Egg             |  Contains Fish |  Contains Seafood    |  Contains Celery |  Mildly spicy |
|  Contains Gluten          |  Contains beef |  Contains Poultry    |  Contains Beans  |  |

AdenEdge















# DUCKS 午餐

7 March 2022 to 11 March 2022

|       | 周一  | 周二   | CONSCIOUS WEDNESDAY**   | 周四   | 周五  |
|-------|---|--|---|--|---|
|       | 三月七日  | 三月八日   | 三月九日  | 三月十日   | 三月十一日   |
| 课间点心* | 樱桃番茄和杂粮包<br> | 菜包和豆奶<br> | 玉米棒和烧麦<br> | 胡萝卜条和牛奶馒头<br> | 麦芬和酸奶<br>      |
| 西餐    | 烤鸡腿配酱汁  | 鸡肉卷饼   | 火腿蘑菇披萨  | 牛肉干层面  | 意式肉酱面   |
|       | 烤南瓜和花菜  | 玉米棒  | 花菜  | 青豆   | 胡萝卜   |
|       |              |           |            |               |                |
| 中餐    | 猪肉炒面  | 杏鲍菇牛肉粒   | 植物肉卤肉饭配豆干   | 上海酱鸭   | 京酱肉丝  |
|       | 蘑菇青菜  | 菠菜   | 卷心菜   | 广东菜心   | 菠菜  |
|       |              |           |            |               |                |
| 素餐    | 素炒面   | 素食卷饼   | 蔬菜酥皮卷   | 蔬菜千层面  | 素食意大利面  |
|       |            |         |          |             |              |
| 水果    | 苹果  | 芦柑   | 香梨  | 香蕉   | 西瓜  |
| 课间点心* |  黑米糕和苹果    |  华夫和橙子  |  小米糕和香梨  |  迷你羊角和香蕉    |  蓝莓, 芝士和梳打饼干 |

\* 此菜单仅供幼儿园校区使用

\*\* 健康意识的星期三是一个新的倡议, [Z-Rou](#), 一种新的植物性肉类替代品将提供给学生, 作为星期三午餐的选择之一。

-  适合素食主义者
-  含猪肉
-  含奶类
-  含芹菜
-  含蛋类
-  含鱼肉
-  含水产品
-  轻度辛辣
-  含牛肉
-  含禽类
-  含豆类
-  含羊肉
-  含禽类
-  不辣

# Nutritional Values of Meals on the DUCKS Menu: 7 March 2022 to 11 March 2022

| MONDAY                                       |                         |                      | TUESDAY   |                         |       | WEDNESDAY   |                         |                      | THURSDAY                           |                         |       | FRIDAY                                   |                         |       |
|--|-------------------------|----------------------|---|-------------------------|-------|---|-------------------------|----------------------|------------------------------------|-------------------------|-------|--|-------------------------|-------|
| 7 <sup>th</sup> March                        |                         | TOTAL                | 8 <sup>th</sup> March                               |                         | TOTAL | 9 <sup>th</sup> March                                   |                         | TOTAL                | 10 <sup>th</sup> March             |                         | TOTAL | 11 March                                 |                         | TOTAL |
| Roast Chicken Drumstick with Gravy<br>烤鸡腿配酱汁 | 能量 Energy (Kcal)        | 113                  | Chicken Fajita Wrap<br>鸡肉薄卷饼                        | 能量 Energy (Kcal)        | 749   | Ham, Mushroom and Tomato Pizza<br>火腿蘑菇披萨                | 能量 Energy (Kcal)        | 473                  | Beef Lasagna<br>牛肉千层面              | 能量 Energy (Kcal)        | 320   | Spaghetti Bolognese<br>肉酱意面              | 能量 Energy (Kcal)        | 450   |
|  | 蛋白质 Protein (g)         | 7.9                  |   | 蛋白质 Protein (g)         | 37.4  |   | 蛋白质 Protein (g)         | 24.6                 |                                    | 蛋白质 Protein (g)         | 9.4   |  | 蛋白质 Protein (g)         | 31.6  |
|  | 脂肪 Fat (g)              | 5.4                  |   | 脂肪 Fat (g)              | 42.8  |   | 脂肪 Fat (g)              | 17.3                 |                                    | 脂肪 Fat (g)              | 5.7   |  | 脂肪 Fat (g)              | 9.4   |
|  | 碳水化合物 Carbohydrates (g) | 8.1                  |   | 碳水化合物 Carbohydrates (g) | 69.2  |   | 碳水化合物 Carbohydrates (g) | 54.8                 |                                    | 碳水化合物 Carbohydrates (g) | 45.5  |  | 碳水化合物 Carbohydrates (g) | 59.9  |
|  | 膳食纤维 Dietary Fibre (g)  | 0.5                  |   | 膳食纤维 Dietary Fibre (g)  | 8.9   |   | 膳食纤维 Dietary Fibre (g)  | 2.7                  |                                    | 膳食纤维 Dietary Fibre (g)  | 1.1   |  | 膳食纤维 Dietary Fibre (g)  | 2.3   |
| 胆固醇 Cholesterol (mg)                         | 34                      | 胆固醇 Cholesterol (mg) | 246   | 胆固醇 Cholesterol (mg)    | 39    | 胆固醇 Cholesterol (mg)                                    | 5                       | 胆固醇 Cholesterol (mg) | 68                                 |                         |       |  |                         |       |
| Pork Chow Mein<br>猪肉炒面                       | 能量 Energy (Kcal)        | 449                  | Beef with Mushrooms and Black Pepper Sauce<br>杏鲍菇牛肉 | 能量 Energy (Kcal)        | 138   | Taiwanese Braised Zrou Rice with Dried Tofu<br>台湾植物肉配香干 | 能量 Energy (Kcal)        | 330                  | Shanghai Style Duck Breast<br>上海酱鸭 | 能量 Energy (Kcal)        | 408   | Shredded Pork in Beijing Sauce<br>京酱肉丝   | 能量 Energy (Kcal)        | 407   |
|  | 蛋白质 Protein (g)         | 21.2                 |   | 蛋白质 Protein (g)         | 8.3   |   | 蛋白质 Protein (g)         | 18.5                 |                                    | 蛋白质 Protein (g)         | 16.8  |  | 蛋白质 Protein (g)         | 7.2   |
|  | 脂肪 Fat (g)              | 15.4                 |   | 脂肪 Fat (g)              | 2.5   |   | 脂肪 Fat (g)              | 12                   |                                    | 脂肪 Fat (g)              | 5.5   |  | 脂肪 Fat (g)              | 15    |
|  | 碳水化合物 Carbohydrates (g) | 56.4                 |   | 碳水化合物 Carbohydrates (g) | 20.4  |   | 碳水化合物 Carbohydrates (g) | 17                   |                                    | 碳水化合物 Carbohydrates (g) | 57.8  |  | 碳水化合物 Carbohydrates (g) | 23    |
|  | 膳食纤维 Dietary Fibre (g)  | 2.3                  |   | 膳食纤维 Dietary Fibre (g)  | 0.7   |   | 膳食纤维 Dietary Fibre (g)  | 2.5                  |                                    | 膳食纤维 Dietary Fibre (g)  | 2.1   |  | 膳食纤维 Dietary Fibre (g)  | 1.1   |
| 胆固醇 Cholesterol (mg)                         | 33                      | 胆固醇 Cholesterol (mg) | 12  | 胆固醇 Cholesterol (mg)    | 10    | 胆固醇 Cholesterol (mg)                                    | 88                      | 胆固醇 Cholesterol (mg) | 54                                 |                         |       |  |                         |       |
| Vegetable Chow Mein<br>蔬菜炒面                  | 能量 Energy (Kcal)        | 371                  | Vegetable Fajita Wrap<br>素卷饼                        | 能量 Energy (Kcal)        | 173   | Vegetable Stuffed Pastry Roll<br>蔬菜酥皮卷                  | 能量 Energy (Kcal)        | 405                  | Vegetarian Lasagna<br>蔬菜千层面        | 能量 Energy (Kcal)        | 219   | Ratatouille with Pasta OR Rice<br>素食意大利面 | 能量 Energy (Kcal)        | 630   |
|  | 蛋白质 Protein (g)         | 10.5                 |   | 蛋白质 Protein (g)         | 8.5   |   | 蛋白质 Protein (g)         | 18.4                 |                                    | 蛋白质 Protein (g)         | 8.9   |  | 蛋白质 Protein (g)         | 25    |
|  | 脂肪 Fat (g)              | 10.9                 |   | 脂肪 Fat (g)              | 7.1   |   | 脂肪 Fat (g)              | 11.9                 |                                    | 脂肪 Fat (g)              | 40.3  |  | 脂肪 Fat (g)              | 16.8  |
|  | 碳水化合物 Carbohydrates (g) | 58                   |   | 碳水化合物 Carbohydrates (g) | 18.7  |   | 碳水化合物 Carbohydrates (g) | 60.7                 |                                    | 碳水化合物 Carbohydrates (g) | 0.6   |  | 碳水化合物 Carbohydrates (g) | 94.7  |
|  | 膳食纤维 Dietary Fibre (g)  | 3.3                  |   | 膳食纤维 Dietary Fibre (g)  | 0.7   |   | 膳食纤维 Dietary Fibre (g)  | 7.4                  |                                    | 膳食纤维 Dietary Fibre (g)  | 1     |  | 膳食纤维 Dietary Fibre (g)  | 3.9   |
| 胆固醇 Cholesterol (mg)                         | 0                       | 胆固醇 Cholesterol (mg) | 16  | 胆固醇 Cholesterol (mg)    | 16    | 胆固醇 Cholesterol (mg)                                    | 25                      | 胆固醇 Cholesterol (mg) | 2                                  |                         |       |  |                         |       |