



St. Antonius Kindergarten

2026 – 2027

(September) Whole-day class meal and snack menu

1st Week		Tuesday 1/9	Wednesday 2/9	Thursday 3/9	Friday 4/9
Morning snack		Self-prepared	Self-prepared	Self-prepared	Self-prepared
Meal		Seasonal fruit Steamed Pork with Cordyceps Flower and Red Rice 、 Seasonal vegetables 、 Chayote, Corn and Lean Pork Soup	Seasonal fruit Fusilli with Tomato, Corn and Pork Sauce 、 Seasonal vegetables 、 Night-blooming Jasmine, Old Cucumber and Pork Shank Soup	Seasonal fruit Steamed Pork Patty with Shiitake Mushrooms and Oat Rice 、 Seasonal vegetables 、 Pumpkin, Carrot and Pork Slice Soup	Seasonal fruit Silver Needle Noodles with Carrot, Cabbage and Chicken Shreds 、 Seasonal Vegetables 、 Corn, Carrot and Lean Pork Soup
Afternoon snack					



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	Monday 7/9	Tuesday 8/9	Wednesday 9/9	Thursday 10/9	Friday 11/9
Morning snack	Self-prepared	Self-prepared	Self-prepared	Self-prepared	Self-prepared
Meal	Seasonal fruit Steamed Chicken with Cordyceps Flower Rice 、 Seasonal vegetables 、 Vegetarian Papaya, Snow Fungus and Corn Soup	Seasonal fruit Fusilli with Fresh Tomato, Potato and Shredded Pork 、 Seasonal vegetables 、 Fresh Tomato and Mixed Vegetable Pork Slice Soup	Seasonal fruit Steamed Pork with Red Dates and Corn over Rice 、 Seasonal vegetables Pumpkin, Corn and Minced Pork Soup	Seasonal fruit Steamed Pork Patty with Water Chestnuts and Oat Rice 、 Seasonal vegetables 、 Papaya and Pork Slice Soup	Seasonal fruit Stir-fried Lai Fun with Seasonal Vegetables and Shredded Pork 、 Winter Melon, Job’s Tears and Minced Pork Soup
Afternoon snack	Bread 、 Lemon water	Bread 、 High-calcium soy milk	Corn flakes 、 Raisins 、 High-calcium soy milk	Bread with jam 、 Lemon water	Pancake 、 Lemon water



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3 rd Week	Monday 14/9	Tuesday 15/9	Wednesday 16/9	Thursday 17/9	Friday 18/9
Morning snack	Self-prepared	Self-prepared	Self-prepared	Self-prepared	Self-prepared
Meal	Seasonal fruit Steamed Rice with Corn and Minced Pork 、 Seasonal vegetables 、 Vegetarian Cordyceps Flower, Chinese Yam, Carrot and Fig Soup	Seasonal fruit Steamed Rice with Chayote and Chicken Fillet 、 Seasonal vegetables 、 Borscht with Pork and Carrot	Seasonal fruit Steamed Rice with Shiitake Mushrooms and Chicken 、 Seasonal vegetables 、 Herbal Pork Shank Soup with Qing Bu Liang	Seasonal fruit Steamed Oat Rice with Corn and Pork Patty 、 Seasonal vegetables 、 Chayote, Carrot and Pork Shank Soup	Seasonal fruit Braised Udon with Shredded Chicken, Cabbage and Carrot 、 Seasonal vegetables 、 Hairy Gourd, Carrot and Lean Pork Soup
Afternoon snack	Bread 、Lemon water	Bread 、 High-calcium soy milk	Bread 、 High-calcium soy milk	Bread with jam 、 Lemon water	Scone 、Lemon water



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4 th Week	Monday 21/9	Tuesday 22/9	Wednesday 23/9	Thursday 24/9	Friday 25/9
Morning snack	Self-prepared	Self-prepared	Self-prepared	Self-prepared	Self-prepared
Meal	Seasonal fruit Steamed Rice with Fresh Tomato, Pineapple and Chicken Fillet 、 Seasonal vegetables 、 Vegetarian Soup with Glehnia Root, Polygonatum, Corn, Carrot, Lotus Seeds and Job's Tears	Seasonal fruit Creamy Corn and Diced Chicken Fusilli 、 Seasonal vegetables 、 Pumpkin, Tomato, Corn and Lean Pork Soup	Seasonal fruit Steamed Rice with Black Fungus and Chicken 、 Seasonal vegetables 、 Hairy Gourd, Octopus and Diced Pork Soup	Seasonal fruit Fusilli with Mushroom Sauce, Shrimp and Diced Fish 、 Seasonal vegetables 、 Tomato, Potato and Lean Pork Soup	Seasonal fruit Steamed Egg with Minced Chicken and Water Chestnut over Rice 、 Seasonal vegetables 、 Chayote, Apricot Kernels and Lean Pork Soup
Afternoon snack	Boiled corn 、 Lemon water	Butter Roll Bread 、 High-calcium soy milk	Corn flakes 、 Dried cranberries 、 High-calcium soy milk	Bread with jam 、 Lemon water	Pancake 、 Lemon water



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5 th Week	Monday 28/9	Tuesday 29/9	Wednesday 30/9		
Morning snack	Self-prepared	Self-prepared	Self-prepared		
Meal	Seasonal fruit Steamed Rice with Pork Chop Burger in Garlic Sauce 、 Seasonal vegetables 、 Vegetarian Garden Pumpkin, Tomato and Carrot Soup	Seasonal fruit Steamed Rice with Chicken and Zucchini in White Sauce 、 Seasonal vegetables 、 Hairy Gourd, Carrot and Diced Pork Soup	Seasonal fruit Fusilli with Fresh Tomato, Potato and Chicken Fille 、 Seasonal vegetables 、 Green and Red Carrot Pork Shank Soup		
Afternoon snack	Boiled Egg 、 Lemon water	Bread 、 High-calcium soy milk	Cake 、Lemon water		

- Attention Parents:
- 1) If your child has any food allergies or dietary restrictions due to health reasons, please inform our school as early as possible to prevent accidental consumption.
 - 2) The school will purchase seasonal and fresh fruits according to market supply conditions.