

# menu

Sample of a one-week menu

Seasonal fruits are served before lunch daily. Food prepared do not contain any nuts, pork, beef or lard.

<b>Breakfast</b>	cereal, milk	oatmeal cookies, milk	wholemeal cracker with low-fat cheese, milk	raisin bread, milk	yoghurt with muesli
<b>Lunch</b>	<b>pumpkin fish porridge with carrot and spinach</b>	<b>ramen with shoyu broth, chicken, corn, wakame and spring onion</b>	<b>bibimbap with hardboiled egg, shredded carrot, cucumber, kimchi and sesame seed</b>	<b>spaghetti carbonara with chicken, mushroom and spinach</b>	<b>vegetable soup with chicken, carrot, onion, potato, served with rice</b>
<b>Snack</b>	wholemeal bread with blueberry spread, milk	red bean soup	hokkaido milk bread, water	potato salad with cucumber and cherry tomatoes	cheese pizza, milk

**Seasonal fruits: apple, pear, banana, watermelon, honeydew, papaya, rock melon**

\*Menu items are subject to change according to seasonality and product availability.

