



WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

Wellington College International Shanghai Early Years Menu



Date		Tuesday, Sep 1	Wednesday, Sep 2	Thursday, Sep 3	Friday, Sep 4
Morning snack		French bread /Soya milk/Banana	Sumai/Milk/Apple	Brown sugar bun/Yoghurt/Banana	Glutinous Rice cake/Milk/Pear
Allergies option: Dairy, Egg, Pork, Mushroom		Roasted purple sweet potato	Roasted sweet potato	Steam taro	Steam yam
Lunch		Stewed beef in Italian style Allergy: chicken in soy sauce	Fish fillet with tomato sauce Allergy: Duck with mushroom	Pork ribs with honey sauce Allergy: Sliced beef with oyster sauce	Fish flavored shredded pork Allergy: chicken slices with pepper
		Roasted mushroom with rosemary and bacon	Sliced pork with lettuce Allergic: Beef Curry	Basil slow roasted chicken breast	Deep-fried boiled eggs Allergy: Duck in soy sauce
		Steamed rice	Brown Steamed Rice	Pizza/rice	Stir-Fried Rice Noodles
	Beef version available for students on pork free diet				
Sides	Yoghurt OR yakult and fresh fruit				
Vegetarian		Indian lettuce	Chinese little greens	Broccoli	Stir fried green Vegetable heart
Afternoon snack		Coconut bread / pear	Mushroom and vegetable bun/Dragon fruits	Mung bean soup/watermelon	Soda biscutis/Apple
Allergies option: Dairy, Egg, Pork, Mushroom		Steam yam	Pumpkin puree	Steam purple sweet potato	Steam sweet corn

Nutritional readings over the week

Red meat: 8%	Vegetables 42%
Fish: 10%	Starch: 22%
White meat/lean protein: 16%	Deep fried: 2%



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Date	Monday, Sep 7	Tuesday, Sep 8	Wednesday, Sep 9	Thursday, Sep 10	Friday, Sep 11
Morning snack	Black rice cake / yoghurt / banana	Ham Panini / Soya milk / Dragon fruits	Pork bun / milk / Banana	Whole wheat toast with jam/Yoghurt/Dragon fruits	Chick floss roll/Milk/Banana
Allergies option: Dairy, Egg, Pork, Mushroom	Roasted purple sweet potato	Roasted sweet potato	Steam taro	Steam yam	Roasted pumpkin
Lunch	Braised pork chop Allergy: Stir fried shredded beef with green pepper	Brazilian barbecue Allergy: Roast duck breast	Pork liver with sweet peppers Allergy: Roast fish	Stewed beef in Italian style Allergy: Steam fish	Chicken Curry Allergy: Pan fried chicken fillet
	Chicken slices with water bamboo	Deep fried chicken with lime sauce	Minced pork with vermicelli Allergy: Shredded duck with water bamboo	Fried duck breast	Sliced pork with mushroom and gluten Allergy: Shrimp with pepper
	Steam rice	Fried rice noodles in Singapore style	Sweet potato rice	Plain Pasta	Steam rice
	Beef version available for students on pork free diet				
Sides	Yoghurt OR yakult and fresh fruit				
Vegetarian	Stir fried green Vegetable heart	Indian lettuce	Green Vegetables	Stir fried celery	Chinese little greens
Afternoon snack	Mushroom and vegetable bun/Pear	Egg custard bun/Apple	Purple Sweet Bun/Pear	Matcha cake/Apple	Spring Roll/Melon
Allergies option: Dairy, Egg, Pork, Mushroom	Steam yam	Pumpkin puree	Steam purple sweet potato	Steam sweet corn	Steam taro

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Aden

Date	Monday, Sep 14	Tuesday, Sep 15	Wednesday, Sep 16	Thursday, Sep 17	Friday, Sep 18
Morning snack	Red bean bread/Milk/Banana	Croissant/Yoghurt/Pear	Butter cookies / Milk / Dragon fruits	Sweet corn cob /Yoghurt/Apple	Chive rotti bread/Milk/Banana
Allergies option: Dairy, Egg, Pork, Mushroom	Roasted sweet potato	Steam taro	Steam yam		Roasted purple sweet potato
Lunch	Steamed chicken with mushroom	Chilli Con Carne Allergy: Shredded chicken with green pepper	Sliced fish with sour pickles Allergy: Meat Ball	French style Roast Duck Breast	Chicken Rice, Hainan Style
	Minced meat and tofu Allergy: Celery and shredded beef	Fried fish fillet in French style Allergy: Braised Beef Brisket with Tomato	Duck in Brown Sauce	Meat loaf Allergy: Fish fillet with black pepper sause	Stir-fried shredded pork and vegetables Allergy: Beef curry
	Steam rice	Tortilla chips / rice	Glutinous rice	Korean fried rice cake/rice	Chicken rice
	Beef version available for students on pork free diet				
Sides	Yoghurt OR yakult and fresh fruit				
Vegetarian	Green Vegetables	Spinach	Green Vegetables	Italian roast vegetables	Chinese little greens
Afternoon snack	Baked Scallion Pancake/Apple	Toast pizza/Orange	Purple sweet roll/Pear	Groceries bun/ Melon	Golden cake / Dragon fruits
Allergies option: Dairy, Egg, Pork, Mushroom	Pumpkin puree	Steam purple sweet potato	Steam sweet corn	Steam taro	Steam yam

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Aden

Date	Monday, Sep 21	Tuesday, Sep 22	Wednesday, Sep 23	Thursday, Sep 24	Friday, Sep 25
Morning snack	Steamed Creamy Custard Bun /Milk/Banana	Milk toast/Yoghurt/Dragon fruits	Sumai / Milk / Apple	Banana bread / Yoghurt/ Pear	Glutinous Rice cake/ / Milk/ Dragon fruits
Allergies option: Dairy, Egg, Pork, Mushroom	Steam taro	Steam yam	Steam sweet corn	Roasted purple sweet potato	Roasted sweet potato
Lunch	Braised chicken in brown sauce	Roast duck breast with orange	Benbang meat in soy sauce	Stewed pork in Italian style Allergy: Fish with tomato	Diced beef with Pleurotus eryngii Allergy: Duck with mushroom
	Tomato fried egg Allergy: Cucumber fried meat slices	German sausage Allergy: Fried chicken fillet	Sliced fish with vinegar sauce Allergy: Scrambled egg with cucumber	Thai style chicken fillet	Celery with shredded pork Allergy: Celery with shredded chicken
	Steam rice	Pasta with Tomato sauce	Red bean rice	Smile hash brown/rice	Fried rice with egg
	Beef version available for students on pork free diet				
Sides	Yoghurt OR yakult and fresh fruit				
Vegetarian	Green Vegetables	Spinach	Chinese little greens	Carrot with Broccoli	Green Vegetables
Afternoon snack	Millet cake / Apple	Spinach tower / Pear	Mushroom and vegetable bun / Melon	Waffle /Dragon fruits	Black rice steamed bun / Apple
Allergies option: Dairy, Egg, Pork, Mushroom	Steam purple sweet potato	Steam sweet corn	Steam taro	Steam yam	Pumpkin puree

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Date	Monday, Sep 28	Tuesday, Sep 29	Wednesday, Sep 30		
Morning snack	Brown sugar steamed bread / Milk / Banana	Coconut bread /Yoghurt /Dragon fruits	Red Bean rice bren/Milk/ Banana		
Allergies option: Dairy, Egg, Pork, Mushroom	Steam yam	Steam sweet corn	Roasted purple sweet potato		
Lunch	Braised fish in soy sauce Allergy: Braised duck in soy sauce	Brisket Potato and Beef Allergy: Brisket Pork	Steamed eggs with shrimp Allergy: Braised pork balls		
	Sliced pork with cauliflower Allergy: Sweet sour chicken	Fried duck breast in French style Allergy: Shredded Chicken with onion	Diced chicken with cucumber		
	Steam rice	Chicken Rolls / rice	Millet rice		
	Beef version available for students on pork free diet				
Sides	Yoghurt OR yakult and fresh fruit				
Vegetarian	Chinese little greens	Corn with Green Bean	Green Vegetables		
Afternoon snack	Baked Scallion Pancake / Apple	Strawberry Danish pastry / Pear	Black rice cake / Apple		
Allergies option: Dairy, Egg, Pork, Mushroom	Steam sweet corn	Steam taro	Steam yam		

Nutritional readings over the week

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