





Seasonal Menu (Spring)








Preface:



Balanced diet is the key foundation for establishing children's health, whereas schools are an important setting for children to develop healthy eating habits from an early age. In this context, the Department of Health encourages all kindergartens and child care centres to design menus with reference to the "Nutrition Guidelines for Children Aged 2 to 6" under the "StartSmart@school.hk" Campaign, so as to create for children a campus environment conducive to healthy eating, and to bring their diets in line with the health principle of "3 Lows 1 High" (i.e. low fat/oil, low salt, low sugar and high dietary fibre).



Spring has set in. What good choices are there for a healthful, seasonal menu? Let's take a look at the sample menu below, which comes with several features:

1. The menu features dishes made with a variety of seasonal vegetables in spring such as broccoli, sweet peppers, spinach and chayotes. These ingredients are beneficial for health and give the dishes a colourful presentation.
 2. Cooking with fruits, vegetables and natural spices such as onions, tomatoes and scallions not only enhances the flavours of the dishes, but also avoids the use of high-sodium seasonings and ready-made sauces.
 3. Dairy products such as low-fat milk, high-calcium soy milk and low-fat milk with oatmeal are served every day to ensure that calcium-rich ingredients are included in the diet.
 4. The dairy products and beverages are without added sugar, since high-sugar foods increase the risk of obesity and have negative impacts on health.
 5. In addition to water, this menu offers healthful beverages that are low in calories, fat and sugar. Examples are clear soup, low-fat milk, low-sugar soy milk, lemonade and coixseed water.
 6. A variety of foods are served as breakfast and snacks to give children a broader intake of nutrients and increase the diversity of the menu.
 7. Based on the recommendations of the "Healthy Eating Food Pyramid", this menu provides children with foods from the essential food groups to ensure a balanced intake of nutrients.
- 
- 
- 
- 
- 

To learn more about the recommendations on healthful ingredients and cooking methods, please refer to the “Nutrition Guidelines for Children Aged 2 to 6” under the “StartSmart@school.hk” Campaign at https://www.startsmart.gov.hk/files/pdf/nutritional_guide_en.pdf

Remarks:

Half-day pre-primary institutions may refer to the snack recommendations of this example menu and give children one to two servings of grain foods, half serving of fruit or one serving of dairy products.

Example Menu for Spring

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Sweet bun + Low-fat milk	Oatmeal with egg drop in low-fat milk	Macaroni with assorted vegetables and beef	Eight-ingredient congee	Cornflakes + Low-fat milk
Morning Snacks	Banana	Kiwi fruit	Dragon fruit	Orange	Red grapes
Lunch	Stir-fried pork slices with zucchini	Steamed eggs + Broccoli with chopped garlic	Chicken fillets with honey sauce + Stir-fried European lettuce	Pan-fried fish fillets + Blanched Chinese kale	Macaroni with tomato and beef
Afternoon Tea	Lettuce and tuna sandwich	Boiled corn	Steamed rice rolls + High-calcium low-sugar soy milk	Steamed egg pudding with milk	Sandwich with celery and egg salad
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Steamed Chinese bun + Low-fat milk	Oatmeal with red dates in low-fat milk	Noodle soup with yard-long beans and shredded pork	Congee with napa cabbage and shredded chicken	Oat bread with peanut butter + Low-fat milk
Morning Snacks	Mandarin	Apple	Green grapes	Strawberries	Papaya
Lunch	Stir-fried beef with scallions + Blanched chayote	Braised tofu with onion and tomato	Chicken à la King with assorted mushrooms and low-fat white sauce	Fish floss and eggplant + Blanched baby pak choy	Rice noodles with cabbage and pork fillets
Afternoon Tea	Congee with carrot and lean pork	Vermicelli with pak choy and shredded chicken	Piggy bun with low-fat cheese	Boiled sweet potato + High-calcium low-sugar soy milk	Boiled corn

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oat bread with raisins + Low-fat milk	Oatmeal with egg drop in low-fat milk	Soba with carrot and chicken fillets	Congee with black fungus and shredded pork	Cornflakes + Low-fat milk
Morning Snacks	Banana	Kiwi fruit	Dragon fruit	Orange	Red grapes
Lunch	Scrambled eggs with tomatoes + Braised baby cabbage in broth	Steamed ground pork with water chestnuts + Stir-fried choy sum	Steamed rice with pumpkin and red kidney beans	Beef with carrot and onion + Blanched Indian lettuce	Angel hair with fish fillets, sweet peppers and chopped garlic
Afternoon Tea	Lettuce and tuna sandwich	Boiled corn	Steamed rice-rolls + High-calcium low-sugar soy milk	Steamed Chinese bun + High- calcium low-sugar soy milk	Sandwich with celery and egg salad
Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oat bread + Low-fat milk	Oatmeal with raisins in low-fat milk	Gemelli with cabbage and shredded pork	Congee with lettuce and fish slices	Oat bread with peanut butter + Low-fat milk
Morning Snacks	Mandarin	Apple	Green grapes	Strawberries	Papaya
Lunch	Steamed chicken with wood ear fungus + Shanghai cabbage with ginger juice	Pork chop with onion + Blanched broccoli	Rice with spinach, fish fillets and low-fat white sauce	Steamed eggs with mushrooms + Chinese spinach in broth	Shanghai noodles with cucumber and beef
Afternoon Tea	Congee with assorted vegetables and minced meat	Alphabet pasta with tomato and chicken	Piggy bun with low-fat cheese	Boiled sweet potato + High- calcium low-sugar soy milk	Boiled corn