



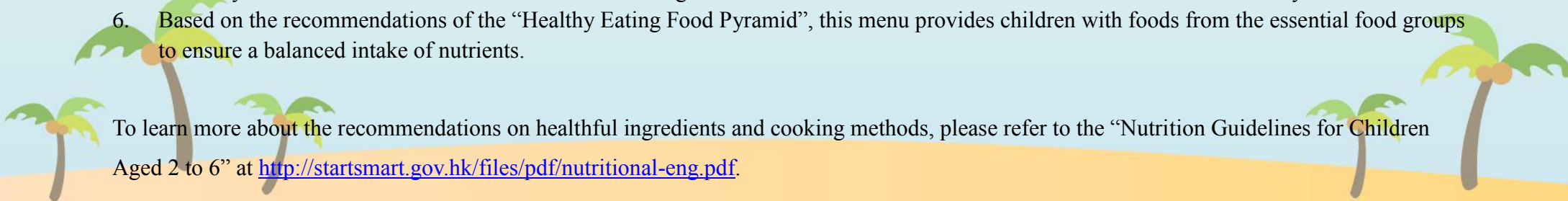
Seasonal Menu (Summer)

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 its "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).

Summer has arrived. 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 summer vegetables such as hairy gourds, winter melons, cucumbers, sponge gourds, zucchini, water spinach and Chinese spinach. This can give children more opportunities to try out different vegetables.
2. Many seasonal summer fruits such as watermelons, papayas, Hami melons, grapes, longans and pears are served as snacks to broaden children's knowledge of fruit varieties.
3. Cooking with fruits such as apples and strawberries not only makes a dish taste better and fresher, but also helps increase children's fruit intake.
4. Natural ingredients such as onions, tomatoes, shiitake mushrooms, carrots, baby corns and pumpkins can enhance food flavours and reduce the use of seasonings like salt and sugar.
5. 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.
6. 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" at <http://startsmart.gov.hk/files/pdf/nutritional-eng.pdf>.

Example Menu for Summer

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Low-fat cheese sandwich	Red rice congee with lettuce and shredded pork	Steamed scallion roll + Low-fat milk	Noodle soup with minced chicken and Shanghai cabbage	Oatmeal with egg drop in low-fat milk
Morning Snacks	Hami melon	Banana	Orange	Pear	Kiwi fruit
Lunch	Pork fillets with king oyster mushrooms and carrot	Braised fish with onion and eggplant ² + Stir-fried choy sum	Stir-fried chicken fillets with apple ⁴ + Chinese spinach in broth ⁵	Stir-fried beef with sponge gourd and black fungus	Rice noodle in vegetable broth with fresh tofu sheets and red kidney beans
Afternoon Tea ⁶	Macaroni soup with assorted beans and egg	Steamed taro bun + Low-sugar, calcium-fortified soy milk	Boiled corn ³	Wheat sandwich bread with peanut butter + Low-sugar, calcium-fortified soy milk	Tuna and tomato sandwich ²
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Sesame piggy bun + Low-fat milk	Brown rice congee with tomatoes and egg drop ²	Steamed taro bun + Low-fat milk	Macaroni soup with water spinach and minced meat	Oatmeal with raisins in low-fat milk ⁴
Morning Snacks	Red grapes	Longans	Papaya	Apple	Dragon fruit
Lunch	Stir-fried pork slices with chayote and black fungus	Braised fish fillets and assorted vegetables in Portuguese sauce prepared with low-fat milk	Stir-fried dried tofu with fresh Chinese yam and mushrooms + Blanched vegetables	Stir-fried beef fillets with bell peppers and onion ²	Braised penne with zucchini and shredded chicken
Afternoon Tea ⁶	Noodle soup with choy sum and fresh tofu sheets	Steamed scallion roll + Low-sugar, calcium-fortified soy milk	Steamed pumpkin ³	Egg sandwich + Low-fat milk	Boiled corn ³
Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Low-fat cheese sandwich	Eight-ingredient congee	Steamed scallion roll + Low-fat milk	Shanghai noodle soup with hairy gourd and minced meat	Oatmeal in sweet potato flavoured low-fat milk
Morning Snacks	Watermelon	Banana	Orange	Apple	Kiwi fruit
Lunch	Meatballs with strawberries and tomatoes ^{1 4}	Braised fish floss with mushrooms and winter melon ² + Stir-fried cabbage	Steamed chicken with dried lily buds and black fungus + Sponge gourd in soybean milk	Fried eggs with tomatoes and scallops ²	Tricolour spaghetti with herbs, mushrooms and beef sauce
Afternoon Tea ⁶	Rice noodle soup with soybeans and <i>baiye</i> tofu (pressed tofu sheets)	Steamed Chinese sesame bun + Low-sugar, calcium-fortified soy milk	Boiled corn ³	Wheat sandwich bread with peanut butter + Low-sugar, calcium-fortified soy milk	Tuna and cucumber sandwich

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes + Low-fat milk	Congee with dried vegetables, soybeans and cowpeas	Steamed Chinese sesame bun + Low-fat milk	Macaroni soup with pumpkin and shredded chicken	Oatmeal with raisins in low-fat milk ^④
Morning Snacks	Green grapes	Longans	Strawberries	Pear	Dragon fruit
Lunch	Steamed ground pork with shiitake mushrooms, water chestnuts and quinoa ^②	Stir-fried diced chicken with onion and yard-long beans ^② + hairy gourd in broth ^⑤	Stir-fried beef with bitter melon + Blanched choy sum	Steamed tofu and egg white with vegetables	Soba with broccoli and salmon
Afternoon Tea ^⑥	Noodle soup with tomatoes and egg ^②	Steamed scallion roll + Low-sugar, calcium-fortified soy milk	Cherry tomatoes ^③	Sago soup with fresh fruits and low-fat milk	Boiled corn ^③

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.

Nutritional tips on “Less salt and less sugar”:

- ① You can use homemade meat balls prepared with lean pork to replace the ready-made ones added with salt and sugar.
- ② Natural ingredients like onions, tomatoes, shiitake mushrooms and bell peppers can be used for seasoning, thereby reducing the use of salt and sugar.
- ③ Fresh foods are healthy snack choices since they contain less salt and sugar than pre-packaged foods like biscuits and cakes.
- ④ Fruits have a natural sweet flavour. They can enhance the flavours of a dish and replace sugar used for seasoning.
- ⑤ You can use delicious, less salty homemade broth prepared with vegetables to replace the ready-made ones which are higher in salt content.
- ⑥ Water should be the main beverage served during snack time. Avoid serving beverages that are high in sugar content, e.g. instant malted drinks and fruit juice with added sugar.