Seasonal Menu (Winter)



Preface:

Balanced diet is an important foundation for establishing children's health, while schools are important places for nurturing and developing children's healthy eating habits from their early ages. In this context, the Department of Health encourages all pre-primary institutions to design menus with reference to the "Nutrition Guidelines for Children Aged 2 to 6" under the "StartSmart@school.hk" Campaign, so as to make campus environment friendly towards healthy diets and to make the diets of pre-primary pupils conforming to the "3 Low 1 High" (i.e. low fat/oil, low salt, low sugar and high dietary fibre) healthy eating principle.

Winter is forthcoming so what shall we consider when designing healthful and seasonal menus? Let us take a look at the distinctive examples below:

- 1. To maximise the benefits of winter climate, seasonal vegetables such as lotus roots, radishes, baby pak choys, Chinese kales, Shanghai cabbages, and cucumbers should be added to enhance the flavours and nutrients of dishes.
- 2. Besides fruit and bread, healthful and hot snacks like boiled corns, boiled sweet potatoes, and congee should also be served to keep body warm under cold conditions.
- 3. No single food can satisfy all the nutritional needs of pre-primary children. It is therefore recommended to increase menu varieties to allow the children to obtain all the nutrients they need:

Do not repeat ingredients in a week as far	Cook main meals with types of and	Eat noodle or pasta once a week
as practicable	cooking methods	
Try your best not to repeat the ingredient	Cook your main meals with different meats	Replace rice with noodle or pasta like spaghetti,
combinations in the breakfasts, lunches, and	and alternatives, such as pork, chicken, fish,	gemelli, and macaroni in a main meal once a
dinners within a week. Meanwhile, add	egg and plain soybean products. Meanwhile,	week (e.g. Friday) in order to make meals more
different types (melons or gourds, leaf	adopt different low-fat cooking methods, such	diversified and appealing.
vegetables, beans, etc.) and colours of	as steaming, braising, boiling, blanching, and	
vegetables to improve dish flavours and	sautéing to enhance the variety of dishes.	
attractiveness.		



- 4. Use natural and fresh spices, such as garlic, spring onion, onion, a small pinch of pepper, lemon, and herbs to substitute ready-made seasonings and sauces high in sodium. By doing so, dishes can be made healthier and tastier.
- 5. Sauce or gravy can be made with fresh vegetables and fruit, e.g. tomato paste (Bolognese with red kidney beans), pumpkin juice (Chicken filets cooked with onions and pumpkin), and corn sauce (Fish filets in corn sauce). All these are healthful and delectable.
- 6. The following menus are designed in accordance with the recommendations from the "Healthy Eating Food Pyramid" supplying all food categories required by pre-primary children, so as to ensure balanced nutrition.
- To learn more about the recommendations on healthful food ingredients and cooking methods, please refer to the "Nutrition Guidelines for Children Aged 2 to 6" under the "StartSmart@school.hk" Campaign https://www.startsmart.gov.hk/files/pdf/nutritional_guide_en.pdf

Example of Winter Menu

	Week One	Monday	Tuesday	Wednesday	Thursday	Friday
烂	Breakfast	Oatmeal with red dates in	Oat bread 4 + Low-fat	Vermicelli with cabbage	Groat congee with lettuce	Steamed Chinese bun 4
M.O.		low-fat milk 3	milk	and shredded pork in	and fish paste 6	+Low sugar soy milk
)				soup 6		with added calcium
	M : 0 1			D F '	D	
۲.	Morning Snacks	Orange	Apple	Dragon Fruit	Banana	Kiwifruit
7		Stir-fried chicken fillets	C. 1 1:1 :4 C.1	Steamed egg custard with	Assorted vegetables and	D 1 '.1 1
		with zucchini and black	Stewed radish with fish	dried whitebaits + Stir-	tofu hotpot+Stir-fried lily	Bolognese with red
	Lunch		floss + Stir-fried spinach		with lotus root slices	kidney beans+Blanched
1 10	Lunch	fungi + Tianjin cabbage		fried Chinese kale	with lotus foot sinces	seasonal vegetables
Æ		in broth 0				
	Afternoon Tea	Peanut butter sandwich	Dynamica a compte	Steamed Chinese bun 4	Mashed potato with low	Boiled Corns
K	THICH TOUR	1 candi butter sandwich	Pumpkin peanuts	+Low-sugar soy milk	fat milk	Boned Coms
			congee 26	with added calcium	100 111111	
.	XX7 1 7D	3.6	TD 1		701	D . I
1	Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast	Oatmeal with raisins and	Corn flakes + Low-fat	Shanghai noodles with	Congee with fungi and	Steamed bun 4 + Low-
		low fat milk ③	milk	zucchini and minced	fish pastes 9	sugar soy milk with
				meat G		added calcium
	Morning Snacks	Seedless grapes	Mandarin	Apple	Papaya	Pear

Lunch Fish fillets in corn Stir-fried assorted beans Steamed to fing with Stir-fried beef with fresh Fusilli with assorted bell

	Lunch	Fish fillets in corn	Stir-fried assorted beans	Steamed tofu with	Stir-fried beef with fresh	Fusilli with assorted bell	MUM
	Lunch	sauce 2 +Stir-fried	with eggs+Braised Baby	shiitake mushroom and	Chinese yam and black	peppers and shredded	
•		cucumber with chopped	cabbage in broth	fish paste+stir-fried choy	fungi+Blanched pak choy	chicken 2 +Blanched	
		* *	Cabbage in brotil	•	Tuligi Bianched pak choy	seasonal vegetables	
ť		garlic		sum		seasonal vegetables	u v
4	4.C T. 6	B (1)	D : :4				X
	Afternoon Tea 6	Peanut butter sandwich	Brown rice congee with	G. 11 A I		D 11 1	
			tomatoes and minced	Steamed bun 4 + Low-	Sandwich with low-fat	Boiled sweet potato	•
			meat 9	sugar soy milk with	cheese 4		
2				added calcium			ATA
9	Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	
	Breakfast	Oatmeal with Chinese	Steamed bun 4 + Low-fat	Alphabet pasta with	Congee with cabbage and	Sweet bun 4 + Low-sugar	4
		wolfberry in low-fat	milk	assorted beans and diced	dried whitebaits 6	soymilk with added	
		milk❸		chicken s		calcium	
7							Y.
	Morning Snacks	Orange	Apple	Dragon fruit	Banana	Kiwifruit	til
	5	3	тррю	5		1 Willian	•
		Steamed egg custard with	Braised tofu with assorted	Steamed minced pork	Chicken filets cooked	Spaghetti with tomato	
		vermicelli and minced	mushrooms+Stir-fried lily	with shiitake mushrooms,	with onion and pumpkin	paste and fish	
4	Lunch	meat + Stir-fried	and celery	diced lotus roots and oats	+ Tianjin cabbage in	filets+Blanched seasonal	63
	Lunch	meat Stil-mea	allu celel v	arcca fotus foots and oats	I manifin cabbage in	Illets Dialicheu seasonai	
		C1 1 1. 1	,	+Stir fried Indian lettuce	1 41.	4-1-1	2.5
)		Shanghai cabbage		+Stir-fried Indian lettuce	broth 0	vegetables	4
)		Shanghai cabbage	,				4
	A frama an Tag		Groat congee with lettuce	Steamed bun 4+Low-	Mashed potato with low-	vegetables Boiled corn	个
	Afternoon Tea ⊙	Shanghai cabbage Peanut butter sandwich	,	Steamed bun •+Low-sugar soymilk with added			小。米
		Peanut butter sandwich	Groat congee with lettuce and fish paste 6	Steamed bun +Low- sugar soymilk with added calcium	Mashed potato with low- fat milk	Boiled corn	小。 ※
	Week Four	Peanut butter sandwich Monday	Groat congee with lettuce and fish paste Tuesday	Steamed bun +Low- sugar soymilk with added calcium Wednesday	Mashed potato with low- fat milk Thursday	Boiled corn Friday	* * * * * * * * * * * * * * * * * * *
		Peanut butter sandwich Monday Oatmeal with raisins in	Groat congee with lettuce and fish paste Tuesday Cornflakes + Low fat	Steamed bun +Low- sugar soymilk with added calcium Wednesday Soba with assorted	Mashed potato with low-fat milk Thursday Brown rice congee with	Boiled corn Friday Sweet bun 4+Low-sugar	***
	Week Four	Peanut butter sandwich Monday	Groat congee with lettuce and fish paste Tuesday	Steamed bun +Low- sugar soymilk with added calcium Wednesday Soba with assorted mushrooms and fresh tofu	Mashed potato with low-fat milk Thursday Brown rice congee with shiitake mushrooms and	Boiled corn Friday Sweet bun +Low-sugar soymilk with added	个。
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	Week Four Breakfast	Peanut butter sandwich Monday Oatmeal with raisins in low fat milk	Groat congee with lettuce and fish paste Tuesday Cornflakes +Low fat milk	Steamed bun +Low- sugar soymilk with added calcium Wednesday Soba with assorted mushrooms and fresh tofu skin	Mashed potato with low- fat milk Thursday Brown rice congee with shiitake mushrooms and chicken chicken	Boiled corn Friday Sweet bun +Low-sugar soymilk with added calcium	****
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	Week Four Breakfast	Peanut butter sandwich Monday Oatmeal with raisins in low fat milk Seedless grapes	Groat congee with lettuce and fish paste Tuesday Cornflakes + Low fat milk Mandarin	Steamed bun +Low- sugar soymilk with added calcium Wednesday Soba with assorted mushrooms and fresh tofu skin Apple	Mashed potato with low-fat milk Thursday Brown rice congee with shiitake mushrooms and chicken Papaya	Boiled corn Friday Sweet bun +Low-sugar soymilk with added calcium Pear	* * * * * * * * * * * * * * * * * * *
	Week Four Breakfast Morning Snacks	Peanut butter sandwich Monday Oatmeal with raisins in low fat milk Seedless grapes Pan-fried tofu with spring	Groat congee with lettuce and fish paste Tuesday Cornflakes + Low fat milk Mandarin Stir-fried assorted bell	Steamed bun +Low- sugar soymilk with added calcium Wednesday Soba with assorted mushrooms and fresh tofu skin Apple Braised chicken with	Mashed potato with low- fat milk Thursday Brown rice congee with shiitake mushrooms and chicken Papaya Eggplants stuffed with	Boiled corn Friday Sweet bun +Low-sugar soymilk with added calcium Pear Macaroni with stir-fried	* · * * · * · * * · * * · * * · * * · * * · * * · * · * * · · * · * · * · · * · * · · * · · * · · * · · * · · * · · * · · * · · · * ·
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AK AK AK	Week Four Breakfast Morning Snacks	Peanut butter sandwich Monday Oatmeal with raisins in low fat milk Seedless grapes Pan-fried tofu with spring onions+Blanched choy	Groat congee with lettuce and fish paste Tuesday Cornflakes + Low fat milk Mandarin Stir-fried assorted bell peppers with shredded beef + Watercress in	Steamed bun +Low- sugar soymilk with added calcium Wednesday Soba with assorted mushrooms and fresh tofu skin Apple Braised chicken with onion and chestnuts+Stir- fried green beans	Mashed potato with low- fat milk Thursday Brown rice congee with shiitake mushrooms and chicken Papaya Eggplants stuffed with fish paste+Blanched	Boiled corn Friday Sweet bun +Low-sugar soymilk with added calcium Pear Macaroni with stir-fried egg, corns and minced	* · X · * X · X ·
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AR O AR AR	Week Four Breakfast Morning Snacks Lunch	Peanut butter sandwich Monday Oatmeal with raisins in low fat milk Seedless grapes Pan-fried tofu with spring onions+Blanched choy sum	Groat congee with lettuce and fish paste Tuesday Cornflakes + Low fat milk Mandarin Stir-fried assorted bell peppers with shredded beef + Watercress in	Steamed bun +Low- sugar soymilk with added calcium Wednesday Soba with assorted mushrooms and fresh tofu skin Apple Braised chicken with onion and chestnuts+Stir- fried green beans Oat bread +Low-sugar	Mashed potato with low- fat milk Thursday Brown rice congee with shiitake mushrooms and chicken Papaya Eggplants stuffed with fish paste+Blanched broccoli	Boiled corn Friday Sweet bun +Low-sugar soymilk with added calcium Pear Macaroni with stir-fried egg, corns and minced meat + Blanched	*。**・**・**



Remarks:

Half-day pre-primary institutions can supply snacks to children with reference to this example:

One to two servings of grains, half serving of fruit or one serving of dairy product.

EatSmart tips on "Less salt and less sugar":

- Using the home-made vegetables soup to replace the ready-made soup containing higher salt content can reduce the salt intake while maintaining the savory of the dish.
- 2 Cooking with pumpkins, corn kernels and mixed peppers can reduce the use of salt and sugar.
- 3 Adding raisins, Chinese wolfberry or dates to oatmeal can reduce the use of sugar while maintaining the tastiness of the dish.
- Prepare breakfasts and afternoon teas with food such as sandwiches, small buns or steamed buns instead of cakes that are high in sugar and fat.
- **6** Adding a variety of vegetables to congee and soup noodle can enhance the tastiness of the dish and reduce the use of the salt..
- 6 Serve plain water as the main drink, instead of beverages containing higher sugar content such as instant malted drinks, and juice with added sugar.

