



EYC Menu: Week 1 Feb (03-07)

	Monday	Tuesday	Wednesday	Thursday	Friday
	03/02	04/02	05/02	06/02	07/02
Hot Dish	Roasted Chicken (Skinless)	Pizza (Tomato & Cheese)	Fried Noodle With Egg And Tofu (Less Oil)		Beef Burger
Carbohydrate	Rice	Mashed Sweet Potato	Cauliflower		Chips
Vegetables	Carrot	Broccoli	Choy Sum		Sweet Corn
Dessert					Ice Cream

EYC Menu: Week 2 Feb (10-14)

	Monday	Tuesday	Wednesday	Thursday	Friday
	10/02	11/02	12/02	13/02	14/02
Hot Dish	Beef Lasagna	Pork Stew	Chicken Chinese Pot	Spaghetti Bolognese with Garlic Bread	Pan Fried Fish
Carbohydrate		Steamed Potato	Rice		Chips
Vegetables	Steamed Broccoli	Roasted Pumpkin	Pak Choy	Green beans	Cauliflower
Dessert					Fruit Jelly



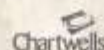
These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These foods are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.





EYC Menu: Week 3 Feb (17-21)

	Monday	Tuesday	Wednesday	Thursday	Friday
	17/02	18/02	19/02	20/02	21/02
Hot Dish	Beef Stew	Pizza (Tomato & Cheese)	Pan Fried Fish	Roasted Pork	Chicken Schnitzel
Carbohydrate	Rice	Roasted Potato	Butterfly Pasta	Washed Potato	Rice
Vegetables	Roasted Carrot	Steamed Broccoli	Buttered Spinach	Cauliflower	Roasted Carrot
Dessert					Blueberry Panacotta

EYC Menu: Week 4 Feb (24-28)

	Monday	Tuesday	Wednesday	Thursday	Friday
	24/02	25/02	26/02	27/02	28/02
Hot Dish	Chicken Stew	Pizza (Tomato & Cheese)	Beef Noodle	Pan Seared Pork	Pan Fried Fish
Carbohydrate	Rice	Washed Potato	Corn	Rice	Chips
Vegetables	Broccoli	Pumpkin	Mix Mushroom	Steamed Cauliflower	Pan Seared Green Beans & Carrot
Dessert					Chocolate Cake

