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| 日 | **早 餐** | | **中 餐** | | | **下午点心** |
| 期 | **主食** | **主菜** | **副菜** |
| 一 | 南瓜粥 | 豆沙包、白水洋馒头 | 米饭 | 肉末豆酱 | 番茄蛋汤 | 百宝粥 |
| 烤白萝卜 |

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| 日 | **早 餐** | | **中 餐** | | | **下午点心** |
| 期 | **主食** | **主菜** | **副菜** |
| 二 | 炊皮紫菜汤 | 炒米面 | 米饭 | 排骨炖黄豆 | 冬瓜汤 |  |
| 腐竹炒乌冬菜 |

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| 日 | **早 餐** | | **中 餐** | | | **下午点心** |
| 期 | **主食** | **主菜** | **副菜** |
| 三 | 豆浆 | 炊饭 | 米饭 | 卤鸭 | 榨菜蛋汤 | 银耳杞子汤 |
| 炒儿菜 |