

## Po Leung Kuk Mrs Chao King Lin Kindergarten

### 2022-2023 September Menu

Date		Snacks for AM Class	Lunch for Whole-Day Class	Snacks for Whole-Day Class
1	Thur	Whole-wheat bun	/	/
2	Fri	Swiss roll	Honey garlic pork with corn rice	Whole-wheat bread
3	Sat	/		
4	Sun	/		
5	Mon	Miniature wheat muffin	Stewed chicken, vegetables, pumpkin with brown rice	Oat milk
6	Tue	Butter bun	BBQ beef, onion, with oat rice	Boiled sweet potato
7	Wed	Pandan cake	Sauteed mushrooms, pan-seared chicken, with red rice	Hard-boiled egg
8	Thur	Salty plain bun	Pork with corn rice	Steamed bun
9	Fri	Plain cake	Steamed pork patty, corn, and oat with brown rice	Cheese Sandwich
10	Sat	/		
11	Sun	/		
12	Mon	The Day After Mid-Autumn Festival		
13	Tue	Sesame bun	Fish fillet with oat rice	Whole-wheat bread
14	Wed	Blueberry jam cake	Scrambled eggs, sweet corn, chicken with red rice	Hard-boiled egg
15	Thur	Butter bun	Rotini with tomato and ham	Cornflakes
16	Fri	Pandan swiss roll	Spaghetti with pork, tomato and green herbs	Steamed corn with butter
17	Sat	/		
18	Sun	/		
19	Mon	Coconut tart	Swiss beef with oat rice	Steamed bun
20	Tue	Salty plain bun	Minced pork, tofu with red rice	Cornflakes
21	Wed	Swiss roll	Fish fillet, creamy corn, scrambled eggs with corn rice	Boiled sweet potato
22	Thur	Butter bun	Émincé pork with brown rice	Cheese sandwich
23	Fri	Plain Cake	Penne with creamed chicken	Boiled sweet potato
24	Sat	/		
25	Sun	/		
26	Mon	Raisin muffin	Pork with ketchup and red rice	Cornflakes
27	Tue	Sesame bun	Steamed meat, pumpkin with rice	Whole-wheat bread
28	Wed	Blueberry jam cake	Fish fillet, creamy mushroom with brown rice	Hard-boiled Egg
29	Thur	Whole-wheat bun	Spaghetti with cheesy spinach, pork	Whole-wheat bread
30	Fri	Swiss roll	Fish Fillet with ketchup and red rice	Steamed bun