

# Po Leung Kuk Mrs Chao King Lin Kindergarten

## 2022-2023 October Menu

Date		Snacks for AM Class	Lunch for Whole-Day Class	Snacks for Whole-Day Class
1	Sat	/		
2	Sun	/		
3	Mon	Raisin muffin	Pork with corn rice	Boiled sweet potato
4	Tue	Chung Yeung Festival		
5	Wed	Plain cake	Creamy Tuna spaghetti	Whole-wheat biscuit
6	Thur	Butter bun	Creamy Chicken Macaroni	Cheese sandwich
7	Fri	Blueberry jam cake	Creamy spinach and fish with brown rice	Hard-boiled egg
8	Sat	/		
9	Sun	/		
10	Mon	Coconut tart	Beef in Portuguese sauce with corn rice	Steamed bun
11	Tue	Whole-wheat bun	Pork in Tomato sauce with red rice	Boiled sweet potato
12	Wed	Pandan cake	Steamed meat, pumpkin with oat rice	Cornflakes
13	Thur	Salty plain bun	Beef with brown rice	Oat milk
14	Fri	Plain cake	Chicken in Portuguese sauce with corn rice	Cheese sandwich
15	Sat	/		
16	Sun	/		
17	Mon	Miniature wheat muffin	Meat, carrots and cucumber, with red rice	Cornflakes
18	Tue	Butter bun	Beef with oat rice	Steamed bun
19	Wed	Swiss roll	Penne and fish in creamy corn sauce	Hard-boiled egg
20	Thur	Sesame bun	Macaroni bolognese (pork)	Whole-wheat biscuit
21	Fri	School Holiday		
22	Sat	/		
23	Sun	/		
24	Mon	Raisin muffin	Meat, carrots and cucumber, with red rice	Whole-wheat biscuit
25	Tue	Salty plain bun	Beef with oat rice	Hard-boiled egg
26	Wed	Pandan swiss roll	Penne and fish in creamy corn sauce	Cornflakes
27	Thur	Whole-wheat bun	Macaroni bolognese (pork)	Cheese sandwich
28	Fri	Plain cake	Meat, carrots and cucumber, with red rice	Oat milk
29	Sat	/		
30	Sun	/		
31	Mon	Coconut tart	Pork in Portuguese sauce with brown rice	Hard-boiled egg