

Po Leung Kuk Mrs Chao King Lin Kindergarten 2022-2023 November Menu

Date		Snacks for AM Class	Lunch for Whole-Day Class	Snacks for Whole-Day Class
1	Tue	Sesame bun	Meat in swiss sauce with rice	Cornflakes
2	Wed	Pandan swiss roll	Pork in cheese sauce with rice	Hard-boiled egg
3	Thur	Whole-wheat bun	Sliced meat with corn and macaroni (pork)	Steamed bun
4	Fri	Blueberry jam cake	Wild mushrooms, fried chicken with white rice	Oat milk
5	Sat	/		
6	Sun	/		
7	Mon	Miniature wheat muffin	Chicken with onion and rice	Steamed corn with butter
8	Tue	Salty plain bun	Tomato porkchop rice	Cornflakes
9	Wed	Swiss roll	Spaghetti Bolognese with pesto (pork)	Oat milk
10	Thur	Sesame bun	Chicken a la king rice	String beans soup with macaroni
11	Fri	Pandan swiss roll	Chicken potato rice	Whole-wheat biscuit
12	Sat	/		
13	Sun	/		
14	Mon	Raisin muffin	Minced meat with string beans and rice	Steamed bun
15	Tue	Butter bun	Steamed chicken with mushroom and brown rice	String beans soup with macaroni
16	Wed	Blueberry jam cake	Cucumber, black fungus, fried meat with brown rice	Cornflakes
17	Thur	Salty plain bun	Corn fish with Tofu and Fusilli	Steamed corn with butter
18	Fri	Plain cake	Brown rice with pumpkin and steamed meat	Oat milk
19	Sat	/		
20	Sun	/		
21	Mon	Coconut tart	Macaroni with Pork fillet and pumpkin	Cornflakes
22	Tue	Whole-wheat bun	Mushroom with chicken and oat rice in teriyaki sauce	Oat milk
23	Wed	Pandan cake	Oat rice with Tofu and minced meat	Boiled sweet potato
24	Thur	Butter bun	Fried meat with zucchini and rice	String beans soup with macaroni
25	Fri	Swiss roll	Meat with corn and rice	Steamed bun
26	Sat	/		
27	Sun	/		
28	Mon	Miniature wheat muffin	Fried chicken with zucchini and corn rice	Steamed corn with butter
29	Tue	Whole-wheat bun	Black fungus cucumber, fried meat with rice	Oat milk
30	Wed	Plain cake	Chicken onion spaghetti in Swiss sauce	Whole-wheat biscuit