

Po Leung Kuk Mrs Chao King Lin Kindergarten

2022-2023 December Menu

Date		Snacks for AM Class	Lunch for Whole-Day Class	Snacks for Whole-Day Class
1	Thur	Butter bun	Cucumber, black fungus, fried meat with brown rice	Boiled sweet potato
2	Fri	Teacher's Development Day		
3	Sat	/		
4	Sun	/		
5	Mon	Raisin muffin	Brown rice with pumpkin and steamed meat	Steamed corn with butter
6	Tue	Sesame bun	Macaroni with Pork fillet and pumpkin	Oat milk and Whole-wheat biscuit
7	Wed	Blueberry jam cake	Mushroom with chicken and oat rice in teriyaki sauce	String beans soup with macaroni
8	Thur	Salty plain bun	Oat rice with Tofu and minced meat	Cornflakes
9	Fri	Swiss roll	Macaroni with creamy Chicken and pumpkin	Steamed bun
10	Sat	/		
11	Sun	/		
12	Mon	Miniature wheat muffin	Meat with corn and rice	Cornflakes
13	Tue	Whole-wheat bun	Fried chicken with zucchini and corn rice	Boiled sweet potato
14	Wed	Pandan swiss roll	Creamy Tuna spaghetti	Oat milk and Whole-wheat biscuit
15	Thur	Butter bun	Beef in Portuguese sauce with corn rice	Hard-boiled egg
16	Fri	Plain cake	ketchup macaroni with beef onion	String beans soup with macaroni
17	Sat	/		
18	Sun	/		
19	Mon	Christmas and New Year Holidays		
20	Tue			
21	Wed			
22	Thur			
23	Fri			
24	Sat			
25	Sun			
26	Mon			
27	Tue			
28	Wed			
29	Thur			
30	Fri			
31	Sat			