

# Po Leung Kuk Mrs Chao King Lin Kindergarten

## 2022-2023 January Menu

Date		Snacks for AM Class	Lunch for Whole-Day Class	Snacks for Whole-Day Class
1	Sun	The day following the first day of January		
2	Mon			
3	Tue	Whole-wheat bun	Pork sliced in tomato sauce with rice	Steamed corn with butter
4	Wed	Swiss roll	Japanese style beef and onion with brown rice	Oat milk and Whole-wheat biscuit
5	Thur	Salty plain bun	Stir fried chicken and zucchini with brown rice	Boiled sweet potato
6	Fri	Plain cake	Stir fried pork, fungus and fuzzy melon with rice	Steamed bun
7	Sat	/		
8	Sun	/		
9	Mon	Coconut tart	Pork chop in tomato herbs sauce macaroni	Oat milk and Whole-wheat biscuit
10	Tue	Butter bun	Braised minced pork and tofu with red rice	Cornflakes
11	Wed	Pandan swiss roll	Pork chop in white sauce with rice	Hard-boiled egg
12	Thur	Whole-wheat bun	Chicken Macaroni in white sauce	Boiled sweet potato
13	Fri	Swiss roll	Pork chop in tomato sauce and red rice	Steamed corn with butter
14	Sat	/		
15	Sun	/		
16	Mon	Raisin muffin	Steamed pork and pumpkin with oat rice	Cornflakes
17	Tue	Sesame bun	Stir fried fish patty in mushroom white sauce and rice	String beans soup with macaroni
18	Wed	Chinese New Year's Eve Celebrations Cum Project-based Learning Culminating Event		
19	Thur	New Year Holidays		
20	Fri			
21	Sat			
22	Sun			
23	Mon			
24	Tue			
25	Wed			
26	Thur			
27	Fri			
28	Sat			
29	Sun			
30	Mon			
31	Tue			