

Po Leung Kuk Mrs Chao King Lin Kindergarten

2022-2023 February Menu

Date		Snacks for AM Class	Lunch for Whole-Day Class	Snacks for Whole-Day Class
1	Wed	Pandan cake	Japanese soy sauce onion chicken with rice	Hard-boiled egg
2	Thur	Salty plain bun	Tomato pork fillet with rice	sweet potato dessert soup
3	Fri	Swiss roll	Bolognese macaroni(pork)	Lettuce egg drop soup with minced meat
4	Sat	/		
5	Sun	/		
6	Mon	Coconut tart	Carbonara chicken with rice	Cornflakes
7	Tue	Whole-wheat bun	Potato chicken in brown sauce with rice	Oat milk and Whole-wheat biscuit
8	Wed	Blueberry jam cake	A-Stir fried chicken with cucumber and black fungus with rice	Steamed corn with butter
9	Thur	Sesame bun	Pork fillet and pineapple in tomato sauce with rice	macaroni with tomato and minced meat
10	Fri	Parents Day		
11	Sat	/		
12	Sun	/		
13	Mon	Raisin muffin	Pork tenderloin penne with pumpkin sauce	sweet potato dessert soup
14	Tue	Salty plain bun	Stir fried beef,cucumber and carrot with oat rice	Steamed corn with butter
15	Wed	Plain cake	Stir fried fish penne with spinach white sauce	Lettuce egg drop soup with minced meat
16	Thur	Butter bun	Stir fried pork,carrot and zucchini with oat rice	Oat milk and Whole-wheat biscuit
17	Fri	Pandan swiss roll	Chicken and vegetables in pumpkin sauce with rice	Cornflakes
18	Sat	/		
19	Sun	/		
20	Mon	Miniature wheat muffin	White plumkin sauce fish penne	Steamed bun
21	Tue	Sesame bun	Japanese style mushroom and beef with rice	Lettuce egg drop soup with minced meat
22	Wed	Swiss roll	Tuna spaghetti with White sauce	Oat milk and Whole-wheat biscuit
23	Thur	Whole-wheat bun	Taiwanese style braised mince pork with rice	Steamed corn with butter
24	Fri	Plain cake	Steamed chicken and fungus with corn rice	Hard-boiled egg
25	Sat	/		
26	Sun	/		
27	Mon	Raisin muffin	White sauce pork fillet spaghetti	Steamed bun
28	Tue	Butter bun	Stir fried chicken in Portuguese sauce with corn rice	macaroni with tomato and minced meat