

Po Leung Kuk Mrs Chao King Lin Kindergarten

2022-2023 March Menu

Date		Snacks for AM Class	Lunch for Whole-Day Class	Snacks for Whole-Day Class
1	Wed	Plain cake	Toamto beef bolognese penne	Cornflakes
2	Thur	Sesame bun	Taiwanese style minced pork and mushroom with penne	Egg Drop Soup with Bean Curd Sticks
3	Fri	Swiss roll	Honey pork fillet and onion with red rice	Vegetable Pork Dumplings
4	Sat	/		
5	Sun	/		
6	Mon	Miniature wheat muffin	Stir fried beef in Portuguese sauce with rice	Hard-boiled egg
7	Tue	Whole-wheat bun	Carbonara pork fillet with rice	Lettuce egg drop soup with minced meat
8	Wed	Blueberry jam cake	Creamy sweet corn and chicken macaroni	Steamed bun
9	Thur	Butter bun	Creamy pumpkin pork fillet macaroni	String beans soup with Minced Pork
10	Fri	Pandan cake	Stir fried pork with cucumber and carrot with rice	Oat milk
11	Sat	/		
12	Sun	/		
13	Mon	Coconut tart	Tuna spaghetti in white sauce	Cornflakes
14	Tue	Salty plain bun	Braised onion and beef with rice	macaroni with tomato and minced meat
15	Wed	Plain cake	Chicken and mushroom in onion sauce with spaghetti	Boiled sweet potato
16	Thur	Sesame bun	teamed chicken and fungus with brown rice	Vegetable Pork Dumplings
17	Fri	Swiss roll	Stir fried beef and green pepper in swiss sauce with rice	Egg Drop Soup with Bean Curd Sticks
18	Sat	/		
19	Sun	/		
20	Mon	Raisin muffin	Steamed pumpkin and chicken with rice	Steamed bun
21	Tue	Butter bun	Pork fillet and pineapple in tomato sauce with rice	String beans soup with Minced Pork
22	Wed	Pandan cake	Braised onion and pork fillet with rice	Hard-boiled egg
23	Thur	Whole-wheat bun	Taiwanese style chicken and mushroom with brown rice	Lettuce egg drop soup with minced meat
24	Fri	Blueberry jam cake	Creamy mushroom pork fillet penne	Oat milk
25	Sat	/		
26	Sun	/		
27	Mon	Coconut tart	Creamy pumpkin and chicken spaghetti	Cornflakes
28	Tue	Salty plain bun	Mexican pork sliced with corn rice	macaroni with tomato and minced meat
29	Wed	Swiss roll	Stir fried pork and fuzzy melon with rice	Boiled sweet potato
30	Thur	Butter bun	Beef, sweet corn and scrambled egg with sweet corn rice	Steamed corn with butter
31	Fri	Plain cake	Chicken in white sauce and pumpkin with spaghetti	Egg Drop Soup with Bean Curd Sticks