

Po Leung Kuk Mrs Chao King Lin Kindergarten

2022-2023 May Menu

Date		Snacks for AM Class	Lunch for Whole-Day Class	Snacks for Whole-Day Class
1	Mon	Labour Day		
2	Tue	Sesame bun	Stir fried chicken in Portuguese sauce with rice	Boiled sweet potato
3	Wed	Swiss roll	Creamy mushroom pork fillet with rice	Japanese Style Breadstick with Cheese
4	Thur	Butter bun	Tuna spaghetti in white sauce	Minced pork congee with pumpkin
5	Fri	Pandan cake	Stir fried fish patty in mushroom white sauce and rice	Steamed bun
6	Sat	/		
7	Sun	/		
8	Mon	Coconut tart	Taiwanese style minced pork and mushroom with rice	Cornflakes
9	Tue	Whole-wheat bun	Stir fried pork, carrot and zucchini with red rice	Boiled sweet potato
10	Wed	Plain cake	Stir fried chicken and celery with rice	Hard-boiled egg
11	Thur	Salty plain bun	Lemongrass pork chop with red rice	Egg Drop Soup with Bean Curd Sticks
12	Fri	Swiss roll	Bolognese macaroni(pork)	Raisin Danish Twist
13	Sat	/		
14	Sun	/		
15	Mon	Raisin muffin	Creamy pumpkin pork fillet penne	Steamed corn with butter
16	Tue	Butter bun	Tomato pork fillet with rice	Oat milk
17	Wed	Pandan cake	Stir fried pork with cucumber and carrot with sweet corn rice	Cheddar Cheese Butter Bread
18	Thur	Whole-wheat bun	Steamed pumpkin and chicken with ocrn rice	Lettuce egg drop soup with minced meat
19	Fri	Plain cake	White sauce pork fillet penne	Steamed bun
20	Sat	/		
21	Sun	/		
22	Mon	Miniature wheat muffin	Steamed chicken and fungus with oat rice	Hard-boiled egg
23	Tue	Salty plain bun	Pork fillet and pineapple in tomato sauce with rice	Cornflakes
24	Wed	Swiss roll	Chicken and mushroom in brown sauce with rice	Macaroni with tomato and minced meat
25	Thur	Sesame bun	Braised onion and beef with rice	Cheddar Cheese Butter Bread
26	Fri	The Birthday of the Buddha		
27	Sat	/		
28	Sun	/		
29	Mon	Raisin muffin	Cumin pork fillet with rice	Cornflakes
30	Tue	Whole-wheat bun	Mexican pork sliced penne	Vegetable pork Dumplings
31	Wed	Blueberry jam cake	Toamto beef bolognese penne	Japanese Style Breadstick with Cheese