

# Po Leung Kuk Mrs Chao King Lin Kindergarten

## 2022-2023 June Menu

Date		Snacks for AM Class	Lunch for Whole-Day Class	Snacks for Whole-Day Class
1	Thur	Whole-wheat bun	Sliced Pork in Tomato Sauce with Rice	Steamed Bun
2	Fri	Pandan cake	Japanese Style Beef And Onion with Brown Rice	Raisin Danish Twist
3	Sat	/		
4	Sun	/		
5	Mon	Raisin muffin	Carbonara Chicken with Rice	Cornflakes
6	Tue	Salty plain bun	Chinese Marinate Chicken with Red Rice	Hard-boiled Egg
7	Wed	Swiss roll	Creamy Chicken Fusilli	Cheddar Cheese Butter Bread
8	Thur	Whole-wheat Bun	Pork Chop in Tomato Sauce And Red rice	Oat Milk
9	Fri	Plain Cake	Steamed Pork and Pumpkin with Rice	Bread with Jam
10	Sat	/		
11	Sun	/		
12	Mon	Miniature Wheat Muffin	Mushroom Tuna in White Sauce with Rice	Hard-boiled egg
13	Tue	Sesame Bun	Cheesy Pork Penne	Cornflakes
14	Wed	Pandan Cake	Penne Bolognese (Contains Pork)	Boiled sweet potato
15	Thur	Butter Bun	Creamed Corn with Pork And Rice(Contains Pork)	Cheddar Cheese Butter Bread
16	Fri	Swiss Roll	Tomato and beef with rice	Steamed bun
17	Sat	/		
18	Sun	/		
19	Mon	Coconut Tart	Japanese soy sauce onion chicken with rice	Cornflakes
20	Tue	Salty Plain Bun	Tomato pork fillet with rice	Raisin Danish Twist
21	Wed	Plain Cake	Green Herbs Bolognese with Rice (Contains Pork)	Bread with Jam
22	Thur	Tuen Ng Festival		
23	Fri	K3 Parent-Child Graduation Trip		
24	Sat	/		
25	Sun	/		
26	Mon	Raisin Muffin	Cucumber, black fungus, fried meat with brown rice	Hard-boiled egg
27	Tue	Joint School K3 graduation ceremony		
28	Wed	Swiss Roll	Creamy Corn Chicken Fusilli	Steamed bun
29	Thur	Butter Bun	Pumpkin Fusilli with Pork	Cornflakes
30	Fri	Plain Cake	Chicken and Mushroom in Brown Sauce with Rice	Raisin Danish Twist