

Po Leung Kuk Mrs Chao King Lin Kindergarten

2022-2023 July Menu

Date		Snacks for AM Class	Lunch for Whole-Day Class	Snacks for Whole-Day Class
1	Sat	Hong Kong Special Administrative Region Establishment Day		
2	Sun	/		
3	Mon	Coconut Tart	Beef tomato with rice	Cornflakes
4	Tue	Salty plain bun	Stir fried pork, carrot and zucchini with rice	Raisin Danish Twist
5	Wed	Plain Cake	Tomato bolognese sauce with rice (contains pork)	Hard-boiled Egg
6	Thur	Butter Bun	Rigatoni with corn and meat	Bread with Jam
7	Fri	K3 Graduation Ceremony		
8	Sat	/		
9	Sun	/		
10	Mon	“Positive Health- Vibrant Summer” Activity		
11	Tue	Sesame Bun	Tuna spaghetti in white sauce	Cheddar Cheese Butter Bread
12	Wed	Swiss Roll	Onion ketchup with beef and oatmeal rice	Cornflakes
13	Thur	Salty plain bun	Macaroni and cheese with pork in white sauce	Oat Milk
14	Fri	Parents' Day for Second Term		
15	Sat	/		
16	Sun	/		
17	Mon	Summer Vacation		
18	Tue			
19	Wed			
20	Thur			
21	Fri			
22	Sat			
23	Sun			
24	Mon			
25	Tue			
26	Wed			
27	Thur			
28	Fri			
29	Sat			
30	Sun			
31	Mon			