Po Leung Kuk Mrs Chao King Lin Kindergarten 2023-2024 September Menu

Pri	2023-2024 September Menu					
2 Sat	Date		Snacks for AM Class	Lunch for Whole-Day Class	Snacks for Whole-Day Class	
3 Sun	1	Fri	Plain Cake	First Day of School		
4 Mon Plain Cake Cream Sauce on Baked Fish Fillet, Served Maish Danish Twist With Rice 5 Tue Butter Bun Italian Bolognesse and Pork Fillet, Served with Farfelle 6 Wed Pandan Swiss roll Seasonal Vegetables and Sole Fish, Served Steamed bun Whole-wheat Bun Swiss Roll Orange Lemon Pork Fillet Served with Rice 8 Fri Swiss Roll Orange Lemon Pork Fillet Served with Rotini Hard-boiled egg / / 10 Sun / / 11 Mon Raisin muffin Talwanese Braised Minced Pork Rice Raisin Danish Twist New Lemon Swiss Roll Sole Fish Kabayaki Served with Rice Butter Bread Hard-boiled egg Hard Bread Seasonal Vegetables and Sole Fish Served with Rice Hard-boiled egg Hard Bread Seasonal Vegetables and Sole Fish Served With Rice Butter Bread Hard-boiled egg Hard Bread Seasonal Vegetables and Sole Fish Served With Rice Butter Bread Seasonal Vegetables and Sole Fish Served With Rice Butter Bread Seasonal Vegetables and Sole Fish Served With Jam Seasonal Pork Fillet, Served With Jam Served With Rice Butter Bread Seasonal Vegetables and Sole Fish Served With Rice Seasonal Vegetables and Sole Fish Served Butter Bread Seasonal Vegetables and Sole Fish Served With Rice Seasonal Vegetables Seasonal Sole Fish Served With Rice Seasonal Vegetables Seasonal Sole Fish Served With Rice Seasonal Vegetables Seasonal V	2	Sat		/		
Mon	3	Sun		/		
Farfelle  Wed Pandan Swiss roll  Seasonal Vegetables and Sole Fish, Served with Udon  Thur Whole-wheat Bun Steamed Lotus, Mushroom and Pork Patty, Served with Rice  Fri Swiss Roll Orange Lemon Pork Fillet Served with Rotini Hard-boiled egg  Sat /  Name Raisin muffin Taiwanese Braised Minced Pork Rice Raisin Danish Twist  Raisin Bun Steamed Minced Pork, Mushroom and Water Chestnut Served with Rice Hard-boiled egg  Hard-boiled egg  Thur Sesame Bun Steamed Minced Pork, Mushroom and Water Chestnut Served with Rice Hard-boiled egg  Hard-boiled egg  Raisin Bun Steamed Minced Pork, Mushroom and Water Chestnut Served with Rice Hard-boiled egg  Hard-boiled egg  Thur Sesame Bun Steamed Minced Pork, Mushroom and Water Chestnut Served with Rice Hard-boiled egg  At Thur Sesame Bun Seasonal Vegetables and Sole Fish Served with Farfelle  Seasonal Vegetables and Sole Fish Served Water Bread  Seasonal Vegetables and Sole Fish Served Water Bread  Raisin Wheat Muffin Served with Rice Cheddar Cheese Water Bread  Raisin Wheat Bread Orange Lemon Pork Fillet, Served with Rotini Steamed bun Bread Steamed Chicken with Cordyceps Flower, Served with Rice Served with Rice Served with Rice Served with Rice Steamed Chicken with Cordyceps Flower, Served with Rice Served with Rice Pork, Mushroom and Water Chestnut, Served with Rice Pork, Mushroom and Boiled sweet potato  Thur Butter Bun Steamed Minced Pork, Mushroom and Boiled sweet potato  Steamed Chicken with Cordyceps Flower, Served with Rice Raisin Danish Twist Mater Served Water Chestnut, Served with Rice Raisin Danish Twist Farfelle  Tue Com Bun Teriyaki Pork Tenderloin, Served with Rice Comflakes  Thur Plain Cake Steamed Lotus, Mushroom, Pork Patty Served with Rice Sutter Bread  Raisin Danish Twist Steamed Lotus, Mushroom, Pork Patty Served with Rice Sutter Bread  Thur Plain Cake Orange Lemon Pork Fillet Served with Rotini Steamed corn with butter Served with Rice Sutter Bread	4	Mon	Plain Cake		Raisin Danish Twist	
Wed	5	Tue	Butter Bun	Farfelle	Cornflakes	
7         Thur         Whole-wheat Bun         Served with Rice         Butter Bread           8         Fri         Swiss Roll         Orange Lemon Pork Fillet Served with Rotini         Hard-boiled egg           9         Sat         /           10         Sun         /           11         Mon         Raisin muffin         Taiwanese Braised Minced Pork Rice         Raisin Danish Twist           12         Tue         Raisin Bun         Steamed Minced Pork, Mushroom and Wafer Chestnut Served with Rice         Hard-boiled egg           13         Wed         Lemon Swiss Roll         Sole Fish Kabayaki Served with Rice         Hard-boiled egg           14         Thur         Sesame Bun         Italian Bolognese and Pork Fillet, Served with Rice         Cheddar Cheese Bufter Bread           15         Fri         Pandan cake         Seasonal Vegetables and Sole Fish Served Bufter Bread         Cheddar Cheese Bufter Bread           16         Sat         /         /         Cheddar Cheese Bufter Bread           18         Mon         Minitature Wheat Bread         Steamed Lotus, Mushroom and Pork Patty, Served with Rice         Bread with Jam           20         Wed         Plain Cake         Steamed Chicken with Cordyceps Flower, Served with Rice         Cornflakes           21 <t< td=""><td>6</td><td>Wed</td><td>Pandan Swiss roll</td><td></td><td>Steamed bun</td></t<>	6	Wed	Pandan Swiss roll		Steamed bun	
9 Sat	7	Thur	Whole-wheat Bun		Cheddar Cheese Butter Bread	
10   Sun	8	Fri	Swiss Roll	Orange Lemon Pork Fillet Served with Rotini	Hard-boiled egg	
11 Mon Raisin muffin Taiwanese Braised Minced Pork Rice Raisin Danish Twist 12 Tue Raisin Bun Steamed Minced Pork, Mushroom and Water Chestnut Served with Rice 13 Wed Lemon Swiss Roll Sole Fish Kabayaki Served with Rice Hard-boiled egg 14 Thur Sesame Bun Italian Bolognese and Pork Fillet, Served with Forfelle 15 Fri Pandan cake Seasonal Vegetables and Sole Fish Served With Endage With Udon 16 Sat // 17 Sun // 18 Mon Miniature Wheat Muffin Steamed Lotus, Mushroom and Pork Patty, Served with Rice 19 Tue Raisin Wheat Bread Orange Lemon Pork Fillet, Served with Rotini Steamed bun 20 Wed Plain Cake Steamed Chicken with Cordyceps Flower, Served with Rice 21 Thur Butter Bun Steamed Minced Pork, Mushroom and Mater Chestnut, Served with Rice Polato 22 Fri Swiss Roll Sole Fish Kabayaki Served with Rice Raisin Danish Twist 23 Sat // 24 Sun // 25 Mon Raisin Muffin Italian Bolognese and Pork Fillet. Served with Rice Cornflakes 27 Wed Pandan Cake Steamed Lotus, Mushroom, Pork Patty Served with Rice Sutter Bread 28 Thur Plain Cake Orange Lemon Pork Fillet Served with Rotini Steamed corn with butter Steamed Lotus, Mushroom, Pork Patty Served with Rice Steamed Lotus, Mushroom, Pork Patty Served with Rice Sutter Bread 28 Thur Plain Cake Orange Lemon Pork Fillet Served with Rotini Steamed corn with butter Steamed Lotus, Mushroom, Pork Patty Steamed Corn with butter Steamed Lotus, Mushroom, Pork Patty Steamed Corn with butter S	9	Sat		/		
Tue Raisin Bun Steamed Minced Pork, Mushroom and Water Chestnut Served with Rice  13 Wed Lemon Swiss Roll Sole Fish Kabayaki Served with Rice Hard-boiled egg  14 Thur Sesame Bun Italian Bolognese and Pork Fillet, Served with Forfelle  15 Fri Pandan cake Seasonal Vegetables and Sole Fish Served With Bread  16 Sat /  17 Sun /  18 Mon Miniature Wheat Muffin Steamed Lotus, Mushroom and Pork Patty, Served with Rice Bread  19 Tue Raisin Wheat Bread Orange Lemon Pork Fillet, Served with Rotini Steamed bun  20 Wed Plain Cake Steamed Minced Pork, Mushroom and Boiled sweet potato  21 Thur Butter Bun Steamed Minced Pork, Mushroom and Water Chestnut, Served with Rice Swiss Roll Sole Fish Kabayaki Served with Rice Raisin Danish Twist  23 Sat /  24 Sun /  25 Mon Raisin Muffin Italian Bolognese and Pork Fillet. Served with Rice Comflakes  27 Wed Pandan Cake Steamed Lotus, Mushroom, Pork Patty Served with Rice Sutter Bread  28 Thur Plain Cake Orange Lemon Pork Fillet Served with Rotini Steamed corn with butter Steamed Lotus, Mushroom, Pork Patty Served with Rice  28 Thur Plain Cake Orange Lemon Pork Fillet Served with Rotini Steamed corn with butter	10	Sun		/		
10	11	Mon	Raisin muffin	Taiwanese Braised Minced Pork Rice	Raisin Danish Twist	
14 Thur Sesame Bun Italian Bolognese and Pork Fillet, Served with Farfelle  15 Fri Pandan cake Seasonal Vegetables and Sole Fish Served Cheddar Cheese Butter Bread  16 Sat /  17 Sun /  18 Mon Miniature Wheat Muffin Served with Rice  19 Tue Raisin Wheat Bread Steamed Lotus, Mushroom and Pork Patty, Served with Rice  20 Wed Plain Cake Steamed Chicken with Cordyceps Flower, Served with Rice  21 Thur Butter Bun Steamed Minced Pork, Mushroom and Water Chestnut, Served with Rice Potato  22 Fri Swiss Roll Sole Fish Kabayaki Served with Rice Raisin Danish Twist  23 Sat /  24 Sun /  25 Mon Raisin Muffin Italian Bolognese and Pork Fillet. Served with Rice Cornflakes  26 Tue Corn Bun Teriyaki Pork Tenderloin, Served with Rice Chestnut Served with Rice Served with Rice Served with Rice Cornflakes  27 Wed Pandan Cake Steamed Lotus, Mushroom, Pork Patty Served with Rice Served with Rice Cheese Butter Bread  28 Thur Plain Cake Orange Lemon Pork Fillet Served with Rotini Steamed corn with butter The Day Following Mid-Autumn Festival	12	Tue	Raisin Bun		Cornflakes	
Thur   Sesame Bun   Farfelle   Cari Milk	13	Wed	Lemon Swiss Roll	Sole Fish Kabayaki Served with Rice	Hard-boiled egg	
Sat	14	Thur	Sesame Bun	<del>-</del>	Oat Milk	
17   Sun	15	Fri	Pandan cake		Cheddar Cheese Butter Bread	
18MonMiniature Wheat MuffinSteamed Lotus, Mushroom and Pork Patty, Served with RiceBread with Jam19TueRaisin Wheat BreadOrange Lemon Pork Fillet, Served with RotiniSteamed bun20WedPlain CakeSteamed Chicken with Cordyceps Flower, Served with RiceCornflakes21ThurButter BunSteamed Minced Pork, Mushroom and Water Chestnut, Served with RiceBoiled sweet potato22FriSwiss RollSole Fish Kabayaki Served with RiceRaisin Danish Twist23Sat/24Sun/25MonRaisin MuffinItalian Bolognese and Pork Fillet. Served with FarfelleHard-boiled egg26TueCorn BunTeriyaki Pork Tenderloin, Served with RiceCornflakes27WedPandan CakeSteamed Lotus, Mushroom, Pork Patty Served with RiceCheddar Cheese Butter Bread28ThurPlain CakeOrange Lemon Pork Fillet Served with RotiniSteamed corn with 	16	Sat	/			
18MonMuffinServed with RiceBread with Jam19TueRaisin Wheat BreadOrange Lemon Pork Fillet, Served with RotiniSteamed bun20WedPlain CakeSteamed Chicken with Cordyceps Flower, Served with RiceCornflakes21ThurButter BunSteamed Minced Pork, Mushroom and Water Chestnut, Served with RiceBoiled sweet potato22FriSwiss RollSole Fish Kabayaki Served with RiceRaisin Danish Twist23Sat/24Sun/25MonRaisin MuffinItalian Bolognese and Pork Fillet. Served with FarfelleHard-boiled egg26TueCorn BunTeriyaki Pork Tenderloin, Served with RiceCornflakes27WedPandan CakeSteamed Lotus, Mushroom, Pork Patty Served with RiceCheddar Cheese Butter Bread28ThurPlain CakeOrange Lemon Pork Fillet Served with RotiniSteamed corn with butter29FriThe Day Following Mid-Autumn Festival	17	Sun	/			
Steamed Chicken with Cordyceps Flower, Served with Rice   Cornflakes	18	Mon			Bread with Jam	
20 Wed Plain Cake  Served with Rice  Steamed Minced Pork, Mushroom and Water Chestnut, Served with Rice  Pri Swiss Roll Sole Fish Kabayaki Served with Rice Raisin Danish Twist  Mon Raisin Muffin Italian Bolognese and Pork Fillet. Served with Rice Cornflakes  Med Pandan Cake  Thur Plain Cake Orange Lemon Pork Fillet Served with Rotini  Steamed Lotus, Mushroom, Pork Patty Served with Rice Served with Rotini  The Day Following Mid-Autumn Festival	19	Tue		Orange Lemon Pork Fillet, Served wi <b>t</b> h Rotini	Steamed bun	
21   Inur   Butter Bun   Water Chestnut, Served with Rice   potato	20	Wed	Plain Cake		Cornflakes	
23 Sat / 24 Sun / 25 Mon Raisin Muffin Italian Bolognese and Pork Fillet. Served with Farfelle 26 Tue Corn Bun Teriyaki Pork Tenderloin, Served with Rice Cornflakes  27 Wed Pandan Cake Steamed Lotus, Mushroom, Pork Patty Served with Rice Cheddar Cheese Butter Bread  28 Thur Plain Cake Orange Lemon Pork Fillet Served with Rotini butter  29 Fri The Day Following Mid-Autumn Festival	21	Thur	Butter Bun	•		
24Sun/25MonRaisin MuffinItalian Bolognese and Pork Fillet. Served with FarfelleHard-boiled egg26TueCorn BunTeriyaki Pork Tenderloin, Served with RiceCornflakes27WedPandan CakeSteamed Lotus, Mushroom, Pork Patty Served with RiceCheddar Cheese Butter Bread28ThurPlain CakeOrange Lemon Pork Fillet Served with RotiniSteamed corn with butter29FriThe Day Following Mid-Autumn Festival	22	Fri	Swiss Roll	Sole Fish Kabayaki Served with Rice	Raisin Danish Twist	
25MonRaisin MuffinItalian Bolognese and Pork Fillet. Served with FarfelleHard-boiled egg26TueCorn BunTeriyaki Pork Tenderloin, Served with RiceCornflakes27WedPandan CakeSteamed Lotus, Mushroom, Pork Patty Served with RiceCheddar Cheese Butter Bread28ThurPlain CakeOrange Lemon Pork Fillet Served with Rotini butterSteamed corn with butter29FriThe Day Following Mid-Autumn Festival	23	Sat		/		
Teriyaki Pork Tenderloin, Served with Rice  Corn Bun  Teriyaki Pork Tenderloin, Served with Rice  Thur  Pandan Cake  Thur  Plain Cake  The Day Following Mid-Autumn Festival  Farfelle  Cornflakes  Cheddar Cheese Butter Bread  Steamed corn with butter  The Day Following Mid-Autumn Festival	24	Sun	/			
27 Wed Pandan Cake  Steamed Lotus, Mushroom, Pork Patty Served with Rice  Cheddar Cheese Butter Bread  Steamed corn with Rotini  The Day Following Mid-Autumn Festival  Cheddar Cheese Butter Bread  Steamed corn with Rotini butter	25	Mon	Raisin Muffin	9	Hard-boiled egg	
27 Wed Pandan Cake Served with Rice Butter Bread  28 Thur Plain Cake Orange Lemon Pork Fillet Served with Rotini butter  The Day Following Mid-Autumn Festival	26	Tue	Corn Bun	Teriyaki Pork Tenderloin, Served with Rice	Cornflakes	
28 Inur Pidin Cake Orange Lemon Pork Fillet Served with Rotini butter  29 Fri The Day Following Mid-Autumn Festival	27	Wed	Pandan Cake		Cheddar Cheese Butter Bread	
	28	Thur	Plain Cake	Orange Lemon Pork Fillet Served with Rotini	Steamed corn with butter	
30 Sat /	29	Fri		The Day Following Mid-Autumn Festival		
	30	Sat		/		