




## Lunch and Afternoon Tea Menu for Whole-day Classes (December)



Date	Items	Mon	Tue	Wed	Thurs	Fri
2/12 - 6/12	Lunch	1. Stir-fried Seasonal Vegetables 2. Corn Braised Fish Fillets 3. Tomato and Potato Mixed Vegetable Soup 4. Fruit	1. Stir-fried Baby Bok Choy 2. Fresh Tomato Beef Stew 3. Corn, Fig, Chestnut, and Lean Meat Soup 4. Fruit	1. Fresh Mushroom Scrambled Eggs 2. Choy Sum with Minced Meat 3. Cabbage and Dried Vegetable Lean Meat Soup 4. Fruit	1. Tofu and Chicken Diced with Fresh Mushrooms 2. Soup with Cabbage 3. Snow Fungus and Papaya Lean Meat Soup 4. Fruit	1. White Sauce Minced Meat Mushroom Pasta with Seasonal Vegetables 2. Potato and Minced Beef Mixed Vegetable Soup 3. Fruit
	Afternoon Tea	Cheese bun / High-calcium low-sugar soy milk	Barley with bean curd and egg sweet soup and biscuits	Plain cake / High-calcium low-fat milk	Milk with corn flakes	Steamed rice noodle rolls / High-calcium low-sugar soy milk
9/12 - 13/12	Lunch	1. Steamed broccoli with soup 2. Pan-fried fish fingers 3. Sea coconut soup with fresh lily, carrot, chayote, and sugarcane 4. Fruit	1. Boiled potatoes with beef 2. Stir-fried Broccoli 3. Minced pork soup with Chayote 4. Fruit	1. Scrambled egg with fresh tomato 2. Blanched broccoli 3. Minced pork soup with corn, fig, and chestnut 4. Fruit	1. Stir-fried choy sum 2. Steamed chicken with shiitake mushrooms 3. Fish soup with arrowroot, carrot, and beans 4. Fruit	<div>Parent-child picnic</div> 
	Afternoon Tea	Raisin Bun/ High-calcium low-sugar soy milk	Snow fungus and papaya sweet Soup/ biscuits	Swiss roll/ High-calcium low-fat milk	Fish meat macaroni with lettuce	
16/12 - 20/12	Lunch	1. Braised mushrooms with vegetable sprouts 2. Fish fillets with tomatoes 3. Sea coconut, fresh lily, carrot and melon soup 4. Fruit	1. Steamed spinach sprouts with soup 1. Pork chop with onions and fresh tomatoes 2. Pumpkin and pork bone soup Fruit	1. Omelette with minced pork 2. Stir-fried Cabbage 3. Pork bone soup with green radish and carrot 4. Fruit	1. Mushrooms with chicken fillets 2. Steamed Lettuce 3. Mince soup with honeydew melon 4. Fruit	<div>Christmas &amp; Birthday Party</div> 
	Afternoon Tea	Cheese bun / High-calcium low-sugar soy milk	Bamboo cane water and chestnut soup and biscuits	Plain cake / High-calcium low-fat milk	Tomato and minced pork rice noodles	
23/12 - 2/1	<div><div><div>merry christmas</div><div>AND HAPPY NEW YEAR</div><div>Christmas Holidays</div></div></div>					

If there are any changes to the menu due to the supply of the ingredients, the school will not make any further notice. Parents are kindly requested to pay attention.