




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



Date	Items	Mon	Tue	Wed	Thurs	Fri
1/4 / 4/4	Lunch		1. Stir-fried seasonal vegetables 2. Potatoes with beef 3. Melon and mince soup 4. Fruit	1. Stir-fried baby cabbage 2. Tomato and minced meat scrambled eggs 3. Carrot and pork bone soup 4. Fruit	1. Steamed lettuce with soup 2. Fresh mushrooms with chicken strips 3. Melon and mince soup 4. Fruit	Ching Ming Festival
	Afternoon Tea		Sweet soup with bamboo and water chestnut	Sweet corn	Fish meat macaroni with lettuce	
7/4 / 11/4	Lunch	1. Steamed broccoli with soup 2. Pan-fried fish fingers 3. Sea coconut soup with fresh lily, carrot and chayote 4. Fruit	1. Steamed spinach sprouts with soup 2. Pork chop with onions and fresh tomatoes 3. Pumpkin and pork bone soup 4. Fruit	1. Cabbage in broth 2. Steamed egg with minced meat 3. Corn, fig, chestnut and mince soup 4. Fruit	1. Corn and tofu with fresh mushrooms 2. Broccoli with chicken strips 3. Snow pear, yuzhu, soup 4. Fruit	Po Leung Kuk Kindergartens and Primary Joint-school Anniversary Celebration
	Afternoon Tea	Pork bun/ High-calcium low-fat milk	Tofu skin sweet soup/ Biscuits	Boiled eggs	Tomato and minced meat rice noodles	
14/4 / 18/4	Lunch	1. Fresh mushrooms with tofu 2. Melon with fish fillets 3. Tomato and potato mixed vegetable soup 4. Fruit (K1 Outdoor Exploration Day)	1. Stir-fried baby bok choy 2. Fresh tomato cooked beef 3. Soup with corn, figs, chestnuts, and lean meat 4. Fruit	1. Blanched broccoli 2. Minced meat fried egg dumplings 3. Soup with gourd seeds and lean meat 4. Fruits	1. Stir-fried choy sum 2. Steamed chicken with mushrooms 3. Soup with carrot, red bean, yam, and dried tangerine 4. Fruit	Easter Holiday
	Afternoon Tea	Cheese bun / High-calcium low-sugar soy milk	Snow fungus and papaya sweet Soup/ biscuits	Steamed sweet potatoes	Congee with corn and minced meat	
21/4 / 25/4	Lunch	<div><div></div><div>Easter Holidays</div><div></div></div>				
	Afternoon Tea					
28/4 / 30/4	Lunch	1. Stir-fried seasonal vegetables 2. Fish with corn sauce 3. Tomato, potato, and mixed vegetable soup 4. Fruit	Joint-school Parent-child Sports Day (K3)	Day following Joint-school Parent-child Sports Day		
	Afternoon Tea	Cheese sticks/ High-calcium low-fat milk				

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.