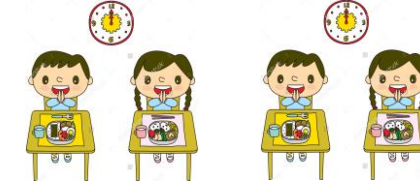


Lunch and Afternoon Tea Menu for Whole-day Classes (May)



Date	Items	Mon	Tue	Wed	Thurs	Fri
1/5 / 2/5	Lunch					1. Corn and chicken fried rice with seasonal vegetables 2. Pumpkin and lean meat soup 3. Fruit
	Afternoon Tea					Steamed Siu Mai / High-Calcium Low-Sugar Soy Milk
5/5 / 9/5	Lunch	Buddha's Birthday	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. Steamed lettuce with soup 2. Fresh mushrooms with chicken strips 3. Melon and mince soup 4. Fruit	1. Fresh tomato meat sauce pasta with broccoli and fusilli 2. Tomato, potato, and beef mixed vegetable soup 3. Fruit
	Afternoon Tea		Tofu skin sweet soup/ Biscuits	Boiled eggs	Corn and mincemeat congee	Steamed Malay cake / High-calcium low-sugar soy milk
12/5 / 16/5	Lunch	1. Steamed broccoli with soup 2. Pan-fried fish fingers 3. Sea coconut soup with fresh lily, carrot and chayote 4. Fruit	1. Stir-fried baby cabbage 2. Fresh tomato with beef 3. Sea coconut, fresh lilybulb, carrot, and winter melon soup 4. Fruit	1. Blanched broccoli 2. Minced meat fried egg dumplings 3. Soup with gourd seeds and lean meat 4. Fruit	1. Corn and tofu with fresh mushrooms 2. Broccoli with chicken strips 3. Snow pear, yuzhu, soup 4. Fruit	1. White Sauce Minced Meat Mushroom Pasta with Seasonal Vegetables 2. Yam, carrot, and red bean soup with fish 3. Fruit
	Afternoon Tea	Pork bun/ High-calcium low-fat milk	Papaya and snow fungus sweet soup/ Biscuits	Boiled sweet potato	Tomato and minced meat rice noodles	Steam vegetable and meat buns/ High-calcium low-sugar soy milk
19/5 / 23/5	Lunch	1. Fresh mushrooms with tofu 2. Melon with fish fillets 3. Cabbage and dried vegetables with lean pork soup 4. Fruit	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. Stir-fried choy sum 2. Steamed chicken with mushroom 3. Yam, carrot, red bean, and dried tangerine peel stewed catfish soup 4. Fruit	1. Pineapple, carrot, and chicken fried rice served with seasonal vegetables 2. Corn, fig, chestnut, and lean pork soup 3. Fruit
	Afternoon Tea	Cheese bun / High-calcium low-sugar soy milk	Sugar cane and water chestnut sweet soup / Biscuits	Boiled corn	Fish meat macaroni with lettuce	Steamed rice rolls/ High-calcium low-sugar soy milk
26/5 / 30/5	Lunch	1. Stir-fried seasonal vegetables 2. Corn braised fish fillets 3. Pumpkin and pork bone soup 4. Fruit	1. Cabbage in broth 2. Fresh tomato and onion braised pork chop 3. Tomato, potato, and mixed vegetable soup 4. Fruit	1. Blanched lettuce 2. Stir-fried green beans with eggs 3. Cabbage and dried vegetables with lean pork soup 4. Fruit	1. Broccoli in broth 2. Potato with chicken fillets 3. Tomato and beef mixed vegetable soup 4. Fruit	1. Fresh tomato and beef stir-fried noodles 2. Winter melon and lean pork soup with seeds 3. Fruit
	Afternoon Tea	Cheese sticks/ High-calcium low-fat milk	Red bean sweet soup / Biscuits	Steamed pumpkin	Corn Flakes with milk	Steamed buns/ High-calcium low-sugar soy 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.