



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



Date	Items	Mon	Tue	Wed	Thurs	Fri
1/9 - 5/9	Lunch	First Day of School	1. Stir-fried baby bok choy 2. Beef cooked with fresh tomatoes 3. Pumpkin and pork bone soup 4. Fruit	1. Fresh mushroom with scrambled eggs 2. Choy sum with minced meat 3. Napa cabbage and preserved vegetable soup with lean pork 4. Fruit	1. Tofu with grilled chicken and mushrooms 2. Cabbage in clear soup 3. Snow fungus, papaya, and mince soup 4. Fruit	1. Fusilli Bolognese and broccoli 2. Tomato, potato, and minced beef in mixed vegetable soup 3. Fruit
	Afternoon Tea		Snow fungus and papaya sweet soup/ Biscuits	Sponge Cake/High-calcium low-fat milk	Fish meat macaroni with lettuce	Steamed shumai/ High-calcium low-sugar soy milk
8/9 - 12/9	Lunch	1. Stir-fried vegetable sprouts with fresh mushroom 2. Fish fillet stewed with tomatoes 3. Pumpkin and pork-bone soup 4. Fruit	1. Steamed spinach sprouts with broth 2. Pork chop with onions and fresh tomatoes 3. Sea coconut, fresh lily, carrot and melon soup 4. Fruit	1. Scrambled eggs with tomato and minced pork 2. Blanched broccoli 3. Chayote, water chestnut, and minced pork soup 4. Fruit	1. Stir-fried choy sum 2. Steamed chicken with shiitake mushrooms 3. Fish soup with arrowroot, carrot, and beans 4. Fruit	1. White sauce pasta with minced pork and mushrooms 2. Minced beef brisket soup with vegetables 3. Fruit
	Afternoon Tea	Jam sandwich / High-calcium low-fat milk	Dried bean curd and coix seed sweet soup / Biscuits	Swiss roll/ High-calcium low-fat milk	Milk Cereal	Cheesy egg sandwich/ High-calcium low-sugar soy milk
15/9 - 19/9	Lunch	1. Broccoli in broth 2. Stir-fried choy sum with fish 3. Minced pork soup with corn, fig, and chestnut 4. Fruit	1. Stir-fried seasonal greens 2. Potatoes with beef 3. Tomato, potato in mixed vegetable soup 4. 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	1. Fried rice with corn, chicken, and seasonal vegetables 2. Pumpkin and minced pork soup 3. Fruit
	Afternoon Tea	Salted pork roll/ / High-calcium low-fat milk	Sugar Cane Water Chestnut Sweet Soup/ Biscuits	Mini sponge cake / High-calcium low-fat milk	Tomato minced-pork rice noodles	Steamed rice-rolls/ High-calcium low-sugar soy milk
22/9 - 26/9	Lunch	1. Mushrooms stewed with tofu 2. Pan-fried fish fingers 3. Cabbage, preserved vegetable and minced pork soup 4. Fruit	1. Cabbage in broth 2. Pork chop stewed with tomatoes and onions 3. Chayote, water chestnut, and minced pork soup 4. Fruit	1. Steamed egg with minced meat 2. Cabbage in broth 3. Minced pork soup with corn, fig, and chestnut 4. Fruit	1. Tofu with mushrooms and corn 2. Broccoli with stir-fried chicken fillets 3. Lean pork soup with lady bell root and pear 4. Fruit	1. Mixed-vegetable diced-meat fried rice with seasonal vegetables 2. Minced pork soup with corn, fig, and chestnut 3. Fruit
	Afternoon Tea	Cheese bread/ High-calcium low-sugar soy milk	Red bean sweet soup/ Biscuits	Swiss roll/ High-calcium low-fat milk	Corn and minced meat congee	Steamed vegetable and meat bun / High-calcium low-sugar soy milk
29/9 - 30/9	Lunch	1. Stir-fried seasonal greens. 2. Corn stewed fish chunks 3. Sea coconut with fresh lily, carrot and chayote soup 4. Fruit	1. Potatoes cooked with beef 2. Stir-fried broccoli 3. Tofu, tomato and lean pork soup 4. Fruit			
	Afternoon Tea	Cheese bread/ High-calcium low-fat milk	Mung bean sweet soup/ Biscuits			

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.