



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



Date	Items	Mon	Tue	Wed	Thurs	Fri
3/11 - 7/11	Lunch	1. Sauteed baby bok choy with fresh mushrooms 2. Tomato-braised fish fillet 3. Pumpkin and pork bone soup 4. Fruit	1. Stir-fried baby napa cabbage 2. Fresh tomato stewed beef 3. Sweet corn, fig and chestnut lean pork soup 4. Fruit	1. Stir-fried baby napa cabbage 2. Minced pork omelette 3. Pork bone soup with green and red carrot and radish 4. Fruit	1. Braised baby bok choy in soup 2. Fresh mushroom-simmered chicken strips 3. Cantaloupe and lean pork soup 4. Fruit	1. Pineapple and carrot chicken fried rice with seasonal vegetables 2. Stewed milkfish soup with kudzu (arrowroot), carrot, adzuki bean and dried tangerine peel 3. Fruit
	Afternoon Tea	Jam sandwich / High-calcium low-fat milk	Papaya & snow fungus sweet soup / Biscuits	Mini cake / High-calcium low-fat milk	Corn and minced pork congee	Steamed rice rolls / High-calcium low-sugar soy milk
10/11 - 14/11	Lunch	1. Fresh mushroom-simmered with gourd 2. Pan-fried fish fingers 3. Snow cabbage and dried vegetable lean pork soup 4. Fruit	1. Braised Chinese cabbage with broth 2. Fresh tomato and onion braised pork chop 3. Chayote and lean pork soup 4. Fruit	1. Blanched broccoli 2. Tomato and minced pork scrambled eggs 3. Sweet corn, fig and chestnut lean pork soup 4. Fruit	1. Braised Chinese cabbage with broth 2. Tofu and diced chicken with fresh mushrooms 3. Snow fungus, papaya and lean pork soup 4. Fruit	1. Tomato meat sauce fusilli with broccoli 2. Tomato and potato beef mince mixed-vegetable soup 3. Fruit
	Afternoon Tea	Raisin bun / High-calcium low-fat milk	Red bean sweet soup / Biscuits	Swiss roll / High-calcium low-fat milk	Fish meat macaroni with lettuce	Steamed preserved turnip rice roll / High-calcium low-sugar soy milk
17/11 - 21/11	Lunch	1. Broccoli in superior stock 2. Jade gourd stir-fried with fish pieces 3. Pumpkin and pork bone soup 4. Fruit	1. Stir-fried seasonal vegetables 2. Potato-cooked beef 3. Tomato and potato mixed-vegetable soup 4. Fruit	1. Braised Chinese cabbage in broth 2. Steamed minced meat with egg 3. Chayote and gorgon-nut lean pork soup 4. Fruit	1. Stir-fried broccoli with chicken strips 2. Corn and tofu with fresh mushrooms 3. Glehnia root with snow pear lean pork soup 4. Fruit	1. Creamy minced meat and mushroom spaghetti with seasonal vegetables 2. Sweet corn, fig and chestnut lean pork soup 3. Fruit
	Afternoon Tea	Salted pork roll / High-calcium low-fat milk	Sugarcane & water chestnut sweet soup / Biscuits	Pancakes / High-calcium low-fat milk	Lettuce and fish congee	Steamed vegetable & meat bun / High-calcium low-sugar soy milk
24/11 - 28/11	Lunch	1. Stir-fried seasonal vegetables 2. Corn-braised fish fillet 3. Sea coconut, fresh lily bulb, carrot and chayote soup 4. Fruit	1. Stir-fried broccoli 2. Fresh tomato and onion stewed beef 3. Zucchini and diced pork soup 4. Fruit	1. Choy sum cooked with minced pork 2. Fresh mushroom scrambled eggs 3. Snow cabbage and dried vegetable lean pork soup 4. Fruit	1. Broccoli in broth 2. Potato-cooked chicken strips 3. Tomato and beef mixed-vegetable soup 4. Fruit	Teacher Development Day (No school)
	Afternoon Tea	Cheese bread / High-calcium low-fat milk	Mung bean sweet soup / Biscuits	Swiss roll / High-calcium low-fat milk	Tomato and minced meat rice noodle	

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.