



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



Date	Items	Mon	Tue	Wed	Thurs	Fri
1/12 - 5/12	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	Tofu skin and coix-seed sweet soup / Biscuits	Corn / High-calcium low-fat milk	Corn and minced pork congee	Steamed custard bun / High-calcium low-sugar soy milk
8/12 - 12/12	Lunch	The Day after Elections (1 Day)	1. Chinese cabbage with broth 2. Fresh tomato and onion braised pork chop 3. Chayote and lean pork soup 4. Fruit	Activity Day	1. Stir-fried baby bok choy 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		Red bean sweet soup / Biscuits		Fish meat macaroni with lettuce	Steamed vegetable & meat bun / High-calcium low-sugar soy milk
15/12 - 19/12	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 seasonal vegetables 2. Potato-cooked beef 3. Tomato and potato mixed-vegetable soup 4. Fruit	1. Choy sum cooked with minced pork 2. Tomato and minced pork scrambled egg 3. Snow cabbage and dried vegetable 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	 Christmas Party
	Afternoon Tea	Cheese bread / High-calcium low-fat milk	Apple & snow pear sweet soup / Biscuits	Sweet potato / High-calcium low-fat milk	Pumpkin & corn congee	
22/12 - 31/12	Lunch	 Christmas and New Year Holidays (13 Days)  				
	Afternoon Tea					

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.