



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



Date	Items	Mon	Tue	Wed	Thurs	Fri
1/1 - 2/1	Lunch				1/1-2/1 Christmas and New Year Holidays	
	Afternoon Tea					
5/1 - 9/1	Lunch	1. Fresh mushrooms stewed with chayote 2. Pan-fried fish fingers 3. Chinese cabbage and dried vegetable with lean pork soup 4. Fruit	1. Baby bok choy in broth 2. Pork loin strips braised in fresh tomato 3. Chayote and gorgon-fruit with lean pork soup 4. Fruit	1. Stir-fried seasonal vegetables 2. Minced pork omelette 3. Carrot and radish pork-bone soup 4. Fruit	1. Stir-fried baby napa cabbage 2. Tofu with diced chicken 3. Snow fungus, papaya and lean pork soup 4. Fruit	1. Fresh tomato meat sauce fusilli with broccoli 2. Potato, minced beef and mixed-vegetable soup 3. Fruit
	Afternoon Tea	Cheese sandwich/ High-calcium Low-fat milk	Pumpkin sago dessert/ Biscuits	Sweet potato/ Water	Corn and beef soup udon	Steamed vegetable and meat bun/ High-calcium low-sugar soy milk
012/1 - 16/1	Lunch	1. Stir-fried seasonal vegetables 2. Corn-braised fish fillets 3. Sea coconut, fresh lily bulb, carrot and chayote soup 4. Fruit	1. Blanched choy sum 2. Potatoes stewed with beef 3. Tomato and potato mixed-vegetable soup 4. Fruit	1. Baby bok choy in broth 2. Tomato & minced-pork scrambled egg 3. Chinese cabbage and dried vegetable with lean pork soup 4. Fruit	1. Stir-fried broccoli with chicken strips 2. Corn and tofu with fresh mushrooms 3. Ginseng and snow pear with lean pork soup 4. Fruit	1. Pineapple, carrot and diced chicken fried rice with seasonal vegetables 2. Kudzu root, carrot, adzuki bean and dried tangerine peel with steamed clinched-silverfish soup 3. Fruit
	Afternoon Tea	Cheese bread / high-calcium low-fat milk	Apple & pear sweet soup / Biscuits	Corn / Water	Pumpkin minced-meat congee	Steamed custard bun / High-calcium Low-sugar soy milk
19/1 - 23/1	Lunch	1. Broccoli in broth 2. Fish fillet in white sauce 3. Corn, fig and chestnut with lean pork soup 4. Fruit	1. Spinach shoots in broth 2. Pork chop with onion 3. Pumpkin pork-bone soup 4. Fruit	1. Stir-fried broccoli 2. Steamed egg with minced meat 3. Tomato & potato mixed-vegetable soup 4. Fruit	1. Baby cabbage in broth 2. Chicken strips stewed with fresh mushrooms 3. Honeydew melon and lean pork soup 4. Fruit	1. White sauce minced-meat and mushroom spaghetti with seasonal vegetables 2. Corn, fig and chestnut with lean pork soup 3. Fruit
	Afternoon Tea	Egg tart / High-calcium Low-fat milk	Sugarcane & water chestnut sweet soup / Biscuits	Boiled egg / Water	Dried baby cabbage and shredded pork macaroni	Steamed rice-rolls / High-calcium Low-sugar soy milk
26/1 - 30/1	Lunch	1. Stir-fried cabbage 2. Onions with fish fillet 3. Watercress and beef soup 4. Fruit	1. Stir-fried baby napa cabbage 2. Fresh tomato stewed beef 3. Corn, fig and chestnut with lean pork soup 4. Fruit	1. Baby bok choy in broth 2. Pork loin strips braised in fresh tomato 3. Chayote and gorgon-fruit with lean pork soup 4. Fruit	1. Stir-fried choy sum 2. Steamed chicken with shiitake mushrooms 3. Kudzu root, carrot, adzuki bean and dried tangerine peel with steamed clinched-silverfish soup 4. Fruit	1. Fresh tomato beef stir-fried rice noodles 2. Chayote and gorgon-fruit with lean pork soup 3. Fruit
	Afternoon Tea	Swiss roll / High-calcium Low-fat milk	Dried tofu skin & egg sweet soup / Biscuits	Chestnuts / Water	Tomato beef spinach noodles	Steamed bun / 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.