







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



Date	Items	Mon	Tue	Wed	Thurs	Fri
2/2 - 6/2	Lunch	1. Stir-fried cabbage 2. Onions with fish fillet 3. Watercress and pork soup 4. Fruit	1. Spinach shoots in broth 2. Potatoes stewed with beef 3. Pumpkin pork-bone soup 4. Fruit	1. Stir-fried seasonal vegetables 2. Minced pork omelette 3. Tomato & potato mixed-vegetable soup 4. Fruit	1. Stir-fried baby bok choy 2. Tofu with diced chicken 3. Snow fungus, papaya and lean pork soup 4. Fruit	Parent's Day
	Afternoon Tea	Swiss roll / High-calcium Low-fat milk	Sugarcane & water chestnut sweet soup / Biscuits	Sweet potato/ Water	Corn and beef soup udon	
9/2 - 13/2	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. Pork chop with onions 3. Tomato and potato mixed-vegetable soup 4. Fruit	1. Stir-fried broccoli 2. Steamed egg with minced meat 3. Carrot and radish pork-bone soup 4. Fruit	1. Stir-fried broccoli with chicken strips 2. Corn and tofu with fresh mushrooms 3. Ginseng and pear with lean pork soup 4. Fruit	Parent-child Lunar New Year Activity
	Afternoon Tea	Cheese bread / high-calcium low-fat milk	Apple & pear sweet soup / Biscuits	Corn / Water	Pumpkin minced-meat congee	
16/2 - 20/2	Lunch	<div><div></div><div>16-20/2 Lunar New Year Holidays</div><div></div><div></div></div>				
	Afternoon Tea					
23/2 - 27/2	Lunch	<div><div>23-26/2 Lunar New Year Holidays</div></div>				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

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.