



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



Date	Items	Mon	Tue	Wed	Thurs	Fri
2/3 - 6/3	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. Choy sum with minced meat 2. Scrambled eggs with fresh mushrooms 3. Snow fungus, papaya and lean pork soup 4. Fruit	1. Stir-fried baby napa cabbage 2. Tofu with diced chicken 3. Glehnia root, snow pear 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	Raisin bun/ High-calcium Low-fat milk	Pumpkin sago dessert/ Biscuits	Sweet potato/ Water	Corn and pork udon soup	Steamed rice-rolls / High-calcium Low-sugar soymilk
9/3 - 13/3	Lunch	1. Sautéed baby greens with fresh mushrooms 2. Fish fillet stewed with fresh tomatoes 3. Pumpkin and pork-bone soup 4. Fruit	1. Blanched choy sum 2. Beef stewed with baby potatoes 3. Tomato, potato and mixed-vegetable soup 4. Fruit	1. Blanched broccoli 2. Scrambled eggs with tomatoes and minced pork 3. Chayote, gorgon-nut and lean pork soup 4. Fruit	1. Stir-fried broccoli with chicken strips 2. Corn and tofu sautéed with fresh mushrooms 3. Snow fungus, papaya and lean pork soup 4. Fruit	1. White sauce minced-meat and mushroom spaghetti with seasonal vegetables 2. Tofu, tomato and lean-pork soup 3. Fruit
	Afternoon Tea	Jam sandwich/ High-calcium Low-fat milk	Apple & pear sweet soup / Biscuits	Corn / Water	Dried baby cabbage and shredded pork macaroni	Steamed bun / High-calcium Low-sugar soymilk
16/3 - 20/3	Lunch	K3 Graduation Activity	1. Baby spinach in broth 2. Pork chop with onions 3. Corn, fig, chestnut and lean pork soup 4. Fruit	1. Stir-fried baby bok choy 2. Pan-fried eggs with minced pork 3. Radish and carrot pork-bone soup 4. Fruit	1. Baby cabbage in broth 2. Chicken strips with fresh mushrooms 3. Hami melon and 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		Sugarcane & water chestnut sweet soup / Biscuits	Chestnuts/ Water	Tomato beef spinach noodles	Steamed red bean bun / High-calcium Low-sugar soymilk
23/3 - 27/3	Lunch	1. Broccoli in broth 2. Fish fillet in white sauce 3. Corn, fig and chestnut with lean pork 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. Napa cabbage in stock 2. Steamed egg with minced meat 3. Kudzu root, carrot, adzuki bean and dried tangerine peel with steamed clinched-silverfish soup 4. Fruit	1. Stir-fried choy sum 2. Steamed chicken with shiitake mushrooms 3. Corn, fig and chestnut with lean pork soup 4. Fruit	1. Stir-fried noodles with mixed vegetables and shredded pork 2. Potato, minced beef and mixed-vegetable soup 3. Fruit
	Afternoon Tea	Egg tart / High-calcium Low-fat milk	Dried tofu skin & egg sweet soup / Biscuits	Boiled egg/ Water	Pumpkin and minced-meat congee	Steamed vegetable and meat bun/ High-calcium Low-sugar soymilk
30/3 - 31/3	Lunch	1. Stir-fried seasonal vegetables 2. Corn-braised fish fillets 3. Sea coconut, fresh lily bulb, carrot and chayote soup 4. Fruit	1. Stir-fried broccoli 2. Potatoes cooked with beef 3. Tofu, tomato and lean pork soup 4. Fruit			
	Afternoon Tea	Cheese sandwich/ High-calcium Low-fat milk	Papaya and snow fungus 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.