



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



Date	Items	Mon	Tue	Wed	Thurs	Fri
1/6 - 5/6	Lunch	<ol style="list-style-type: none"> <li>1. Stir-fried cabbage</li> <li>2. Fish fillet with onions</li> <li>3. Watercress and pork soup</li> <li>4. Fruit</li> </ol>	<ol style="list-style-type: none"> <li>1. Baby spinach in broth</li> <li>2. Pork chop with onions</li> <li>3. Tomato and potato vegetable soup</li> <li>4. Fruit</li> </ol>	<ol style="list-style-type: none"> <li>1. Blanched broccoli</li> <li>2. Stir-fried green beans with eggs</li> <li>3. Chayote, gorgon nut, and lean pork soup</li> <li>4. Fruit</li> </ol>	<ol style="list-style-type: none"> <li>1. Stir-fried broccoli with chicken strips</li> <li>2. Corn and tofu sautéed with fresh mushrooms</li> <li>3. Cantaloupe and lean pork soup</li> <li>4. Fruit</li> </ol>	<ol style="list-style-type: none"> <li>1. Fresh tomato meat sauce fusilli with broccoli</li> <li>2. Potato, minced beef and mixed-vegetable soup</li> <li>3. Fruit</li> </ol>
	Afternoon Tea	Swiss roll/ High-calcium Low-fat milk	Sugarcane & water chestnut sweet soup / Biscuits	Corn/ Water	Tomato beef spinach noodles	Malay sponge cake/ High-calcium Low-sugar soymilk
8/6 - 12/6	Lunch	<ol style="list-style-type: none"> <li>1. Fresh mushrooms stewed with chayote</li> <li>2. Pan-fried fish fingers</li> <li>3. Chinese cabbage and dried vegetable with lean pork soup</li> <li>4. Fruit</li> </ol>	<ol style="list-style-type: none"> <li>1. Blanched choy sum</li> <li>2. Beef with potatoes</li> <li>3. Corn, fig, and chestnut in lean pork soup</li> <li>4. Fruit</li> </ol>	<ol style="list-style-type: none"> <li>1. Napa cabbage in broth</li> <li>2. Steamed egg with minced meat</li> <li>3. Kudzu root, carrot, adzuki bean and dried tangerine peel with steamed clinched-silverfish soup</li> <li>4. Fruit</li> </ol>	<ol style="list-style-type: none"> <li>1. Stir-fried choy sum</li> <li>2. Steamed chicken with dried shiitake mushrooms</li> <li>3. Snow fungus, papaya and lean pork soup</li> <li>4. Fruit</li> </ol>	<ol style="list-style-type: none"> <li>1. White sauce minced-meat and mushroom spaghetti with seasonal vegetables</li> <li>2. Tofu, tomato and lean-pork soup</li> <li>3. Fruit</li> </ol>
	Afternoon Tea	Raisin bun/ High-calcium Low-fat milk	Apple and pear sweet soup/ Biscuits	Boiled egg/ Water	Baby cabbage and shredded pork macaroni	Silver thread bun/ High-calcium Low-sugar soymilk
15/6 - 19/6	Lunch	<ol style="list-style-type: none"> <li>1. Stir-fried baby bok choy with fresh mushrooms</li> <li>2. Braised fish fillet with fresh tomato</li> <li>3. Pumpkin and pork bone soup</li> <li>4. Fruit</li> </ol>	<ol style="list-style-type: none"> <li>1. Baby bok choy in broth</li> <li>2. Fresh tomato and braised pork chop fillet</li> <li>3. Chayote and gorgon-fruit with lean pork soup</li> <li>4. Fruit</li> </ol>	<ol style="list-style-type: none"> <li>1. Stir-fried baby bok choy</li> <li>2. Minced meat omelette</li> <li>3. Carrot and pork bone soup</li> <li>4. Fruit</li> </ol>	<ol style="list-style-type: none"> <li>1. Baby cabbage in broth</li> <li>2. Fresh mushrooms with chicken strips</li> <li>3. Corn, fig, chestnut in lean pork soup</li> <li>4. Fruit</li> </ol>	<p><b>Dragon Boat Festival Public Holiday (1 Day)</b></p>
	Afternoon Tea	Jam sandwich/ High-calcium Low-fat milk	Pumpkin sago dessert/ Biscuits	Sweet potato/ Water	Pumpkin minced-meat congee	
22/6 - 26/6	Lunch	<ol style="list-style-type: none"> <li>1. Broccoli in broth</li> <li>2. Fish in white sauce</li> <li>3. Corn, fig, chestnut in lean pork soup</li> <li>4. Fruit</li> </ol>	<ol style="list-style-type: none"> <li>1. Stir-fried zucchini</li> <li>2. Fresh tomatoes with braised beef</li> <li>3. Pumpkin and pork bone soup</li> <li>4. Fruit</li> </ol>	<p><b>PLK Joint-school Graduation Ceremony (No school for K1-K2)</b></p>	<p><b>Day after PLK Joint-school Graduation Ceremony (No school for all students) (1 Day)</b></p>	<ol style="list-style-type: none"> <li>1. Stir-fried noodles with mixed vegetables and shredded pork</li> <li>2. Potato, minced beef and mixed vegetable soup</li> <li>3. Fruit</li> </ol>
	Afternoon Tea	Sponge cake/ High-calcium Low-fat milk	Dried tofu skin & egg sweet soup / Biscuits			Steamed vegetable and meat bun/ High-calcium Low-sugar soymilk
29/6 - 30/6	Lunch	<ol style="list-style-type: none"> <li>1. Stir-fried seasonal vegetables</li> <li>2. Corn-braised fish fillets</li> <li>3. Sea coconut, fresh lily bulb, carrot and chayote soup</li> <li>4. Fruit</li> </ol>	<ol style="list-style-type: none"> <li>1. Stir-fried baby bok choy</li> <li>2. Potatoes cooked with beef</li> <li>3. Tofu, tomato and lean pork soup</li> <li>4. Fruit</li> </ol>			
	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.