



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



Date	Items	Mon	Tue	Wed	Thurs	Fri
1/9 - 4/9	Lunch		First Day of School	Adaptation Week		
	Afternoon Tea					
7/9 - 11/9	Lunch	1. Stir-fried seasonal vegetables 2. Fish fillet stewed with tomatoes 3. Pumpkin and pork-bone soup 4. Fruit	1. Steamed spinach sprouts with broth 2. Pork chop with onions and fresh tomatoes 3. Sea coconut, fresh lily, carrot and melon soup 4. Fruit	1. Blanched broccoli 2. Scrambled eggs with corn and minced pork 3. Chayote, water chestnut, and minced pork soup 4. Fruit	1. Stir-fried choy sum 2. Steamed chicken with shiitake mushrooms 3. Fish soup with arrowroot, carrot, and beans 4. Fruit	1. White sauce pasta with minced pork and mushrooms 2. Minced beef brisket soup with vegetables 3. Fruit
	Afternoon Tea	Raisin bun / High-calcium low-fat milk	Dried beancurd skin & coix-seed sweet soup / Biscuits	Corn / Water	Swiss roll/ High-calcium low-fat milk	Steamed siu mai / High-calcium low-sugar soy milk
14/9 - 18/9	Lunch	1. Broccoli in broth 2. Stir-fried zucchini with fish 3. Minced pork soup with corn, fig, and chestnut 4. Fruit	1. Stir-fried seasonal greens 2. Zucchini with beef 3. Tomato, potato in mixed vegetable soup 4. Fruit	1. Stir-fried Cabbage 2. Omelette with minced pork 3. Pork bone soup with green radish and carrot 4. Fruit	1. Steamed baby bok choy with broth 2. Mushrooms with chicken fillets 3. Mince soup with honeydew melon 4. Fruit	1. Fried rice with corn, chicken, and seasonal vegetables 2. Arrowroot, carrot, adzuki bean and dried tangerine-peel soup with dace 3. Fruit
	Afternoon Tea	Salted pork roll/ / High-calcium low-fat milk	Sugar Cane Water Chestnut Sweet Soup/ Biscuits	Milk with Cereal/ Water	Corn & minced-meat congee	Steamed silver-thread buns / High-calcium low-sugar soy milk
21/9 - 25/9	Lunch	1. Stir-fried cabbage 2. Pan-fried fish fingers 3. Cabbage, preserved vegetable and minced pork soup 4. Fruit	1. Cabbage in broth 2. Pork chop stewed with tomatoes and onions 3. Chayote, gorgon nut, and minced pork soup 4. Fruit	1. Fresh mushrooms simmered with gourd 2. Steamed egg with minced meat 3. Minced pork soup with corn, fig, and chestnut 4. Fruit	1. Stir-fried broccoli 2. Broccoli with stir-fried chicken fillets 3. Lean pork soup with lady bell root and pear 4. Fruit	Mid-Autumn Festival Holiday
	Afternoon Tea	Cheese bun / High-calcium low-fat milk	Apple & snow pear sweet soup / Biscuits	Steamed sweet potato / Water	Cabbage & sliced pork spinach noodles	
28/9 - 30/9	Lunch	1. Braised vegetable shoots with fresh mushrooms 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	1. Stir-fried choy sum 2. Str-fried long beans with eggs 3. White fungus, papaya and lean pork soup 4. Fruit		
	Afternoon Tea	Jam sandwich / High-calcium low-fat milk	Papaya & white-fungus sweet soup / Biscuits	Steamed pumpkin / Water		

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.