



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



| Date                | Items         | Mon                                                                                                                                               | Tue                                                                                                                                               | Wed                                                                                                                                                        | Thurs                                                                                                                                                    | Fri                                                                                                                                                   |
|---------------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1/10<br>-<br>2/10   | Lunch         |                                                                                                                                                   |                                                                                                                                                   |                                                                                                                                                            | <b>National Day Holiday</b>                                                                                                                              | 1. Fresh tomato meat-sauce fusilli<br>2. Carrot, corn, water chestnut & lotus-root soup<br>3. Fruit                                                   |
|                     | Afternoon Tea |                                                                                                                                                   |                                                                                                                                                   |                                                                                                                                                            |                                                                                                                                                          | Steamed siu mai / High-calcium low-sugar soy milk                                                                                                     |
| 5/10<br>-<br>9/10   | Lunch         | 1. Stir-fried seasonal vegetables<br>2. Pan-fried fish fingers<br>3. Gourd and lean pork soup<br>4. Fruit                                         | 1. Braised Chinese cabbage in broth<br>2. Fresh mushrooms simmered with beef<br>3. Chayote & gorgon-nut lean pork soup<br>4. Fruit                | 1. Broccoli in broth<br>2. Minced pork omelette<br>3. Pork bone soup with green and red carrot<br>4. Fruit                                                 | 1. Blanched choy sum<br>2. Tofu and diced chicken with fresh mushrooms<br>3. Snow fungus, papaya and lean pork soup<br>4. Fruit                          | 1. Seasonal vegetables & lean pork rice noodles<br>2. Soup of kudzu root, carrot, adzuki bean and dried tangerine peel simmered with fish<br>3. Fruit |
|                     | Afternoon Tea | Salted bun / High-calcium low-fat milk                                                                                                            | Sugarcane & water chestnut sweet soup / Biscuits                                                                                                  | Pumpkin / Water                                                                                                                                            | Tomato meat sauce with clam shell pasta                                                                                                                  | Mini sponge cake / High-calcium low-sugar soy milk                                                                                                    |
| 12/10<br>-<br>16/10 | Lunch         | <b>Day after School Anniversary &amp; Open Day Holiday</b>                                                                                        | 1. Braised Chinese cabbage in broth<br>2. Fresh tomato & onion braised pork chop<br>3. Carrot, corn, water chestnut & lotus-root soup<br>4. Fruit | 1. Blanched lettuce<br>2. Steamed egg with minced meat<br>3. Corn, fig and chestnut lean pork soup<br>4. Fruit                                             | 1. Baby cabbage in broth<br>2. Fresh mushroom simmered with chicken fillets<br>3. Honeydew melon and lean pork soup<br>4. Fruit                          | 1. Pineapple and carrot chicken fried rice with seasonal vegetables<br>2. Tomato, potato and minced beef mixed vegetable soup<br>3. Fruit             |
|                     | Afternoon Tea |                                                                                                                                                   | Red bean sweet soup/ Biscuits                                                                                                                     | Sweet potato/ Water                                                                                                                                        | Corn & minced meat congee                                                                                                                                | Steamed bun/ High-calcium low-sugar soy milk                                                                                                          |
| 19/10<br>-<br>23/10 | Lunch         | <b>Chung Yeung Festival Holiday</b>                                                                                                               | 1. Chinese cabbage in broth<br>2. Enoki mushrooms cooked with beef<br>3. Tofu, soybean sprout & tomato fish soup<br>4. Fruit                      | 1. Fresh mushrooms cooked with winter melon<br>2. Tomato and minced meat scrambled eggs<br>3. Sea coconut, fresh lily, carrot and chayote soup<br>4. Fruit | 1. Blanched choy sum<br>2. Chestnut stir-fried chicken fillets<br>3. Tomato and beef mixed vegetable soup<br>4. Fruit                                    | 1. White sauce minced meat and mushroom spaghetti with seasonal greens<br>2. Corn, fig, and chestnut lean pork soup<br>3. Fruit                       |
|                     | Afternoon Tea |                                                                                                                                                   | Pumpkin sago dessert / Biscuits                                                                                                                   | Corn / Water                                                                                                                                               | Corn & lean pork rice vermicelli                                                                                                                         | Steamed rice-rolls / High-calcium low-sugar soy milk                                                                                                  |
| 26/10<br>-<br>30/10 | Lunch         | 1. Stir-fried seasonal vegetables<br>2. Corn braised fish fillets<br>3. Chinese dried cabbage and persevered vegetable with lean pork<br>4. Fruit | 1. Spinach shoots in broth<br>2. Fresh tomato and onion braised pork chop<br>3. Seaweed and lean pork soup<br>4. Fruit                            | 1. Blanched broccoli<br>2. Minced pork scrambled eggs<br>3. Chayote, gorgon seeds and lean pork soup<br>4. Fruit                                           | 1. Baby greens with sauteed fresh mushrooms<br>2. Potatoes with chicken fillets<br>3. Adenophora, solomon's seal, snow pear & lean pork soup<br>4. Fruit | <b>Teacher's Development Day</b>                                                                                                                      |
|                     | Afternoon Tea | Egg tart / High-calcium low-fat milk                                                                                                              | Apple & pear sweet soup / Biscuits                                                                                                                | Steamed potatoes/ Water                                                                                                                                    | Tomato & beef spinach noodles                                                                                                                            |                                                                                                                                                       |

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.