

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



Date	Items	Mon	Tue	Wed	Thurs	Fri
2/11 - 6/11	Lunch	1. Stir-fried seasonal vegetables 2. Pan-fried fish fingers 3. Gourd and lean pork soup 4. Fruit	1. Chinese cabbage in broth 2. Beef stewed with mixed mushrooms 3. Tofu, tomato and fish soup 4. Fruit	1. Fresh mushrooms stewed with winter melon 2. Steamed minced meat with egg 3. Sea Coconut, Fresh Lily Bulb, Carrot, and Chayote Soup 4. Fruit	1. Baby greens braised with fresh mushrooms 2. Potatoes stewed with chicken strips 3. Glehnia & Polygonatum with snow pear and lean pork soup 4. Fruit	1. Fresh tomato and chicken macaroni with seasonal vegetables 2. Carrot, corn, water chestnut and lotus root soup 3. Fruit
	Afternoon Tea	Swiss roll/ High-calcium low-fat milk	Apple & pear sweet soup / Biscuits	Corn / Water	Tomato & beef spinach noodles	Steamed siu mai / High-calcium low-sugar soy milk
9/11 - 13/11	Lunch	1. Stir-fried seasonal vegetables 2. Corn braised fish fillet 3. Clear herbal soup with lean pork 4. Fruit	1. Red spinach shoots in broth 2. Fresh tomato and onion braised pork chop 3. Chayote, fox nut and lean pork soup 4. Fruit	1. Broccoli in broth 2. Minced pork omelette 3. Pork bone soup with green and red carrot 4. Fruit	1. Blanched choy sum 2. Tofu and diced chicken with fresh mushrooms 3. Snow fungus, papaya and lean pork soup 4. Fruit	1. Winter melon and minced pork with alphabet pasta and seasonal vegetables 2. Soup of kudzu root, carrot, adzuki bean and dried tangerine peel simmered with fish 3. Fruit
	Afternoon Tea	Salted bun / High-calcium low-fat milk	Sugarcane & water chestnut sweet soup / Biscuits	Steamed potato/ Water	Tomato sauce with clam-shell pasta	Malay sponge cake/ High-calcium low-sugar soy milk
16/11 - 20/11	Lunch	1. Stir-fried seasonal vegetables 2. Tomato braised fish fillet 3. Corn, fig and chestnut lean pork soup 4. Fruit	1. Bok choy in broth 2. Beef stewed with fresh mushrooms 3. Carrot, corn, water chestnut and lotus root soup 4. Fruit	1. Mushrooms and minced pork braised with luffa 2. Stir-fried green beans with egg 3. Corn, fig and chestnut lean pork soup 4. Fruit	1. Cabbage in broth 2. Fresh mushrooms stewed chicken strips 3. Honeydew melon lean pork soup 4. Fruit	1. Pineapple, carrot and diced chicken fried rice with seasonal vegetables 2. Tomato, potato and minced beef mixed-vegetable soup 3. Fruit
	Afternoon Tea	Cheese sandwich/ High-calcium low-fat milk	Red bean sweet soup / Biscuits	Sweet potato/ Water	Minced meat and corn congee	Steamed bun/ High-calcium low-sugar soy milk
23/11 - 27/11	Lunch	1. Stir-fried seasonal vegetables 2. Zucchini stir-fried with fish 3. Apple, pear and fig lean pork soup 4. Fruit	1. Baby spinach in broth 2. King oyster mushrooms stir-fried with sliced pork 3. Seaweed and lean pork soup 4. Fruit	1. Blanched broccoli 2. Tomato and minced meat scrambled eggs 3. Chayote and fox nut lean pork soup 4. Fruit	1. Blanched choy sum 2. Beans and stir-fried carrot with chicken strips 3. Tomato and beef in mixed-vegetable soup 4. Fruit	1. Creamy minced-meat & mushroom spaghetti with seasonal vegetables 2. Corn, fig & chestnut lean pork soup 3. Fruit
	Afternoon Tea	Wholemeal bread/ High-calcium low-fat milk	Sweet potato sweet soup / Biscuits	Pumpkin / Water	Low-fat milk oatmeal	Steamed rice rolls/ High-calcium low-sugar soy milk
30/11	Lunch	1. Stir-fried seasonal vegetables 2. Corn braised fish 3. Dried vegetables and lean pork 4. Fruit				
	Afternoon Tea	Tuna sandwich/ 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.