

Po Leung Kuk Mrs Mrs Vicwood K.T. Chong Kindergarten

November Menu



Date		Snacks for AM Class	Lunch for Whole-Day Class			Snacks for Whole-Day Class
1	Friday	Cake	Chicken Fillet in White Sauce with Stewed spaghetti	Coconut, chayote, carrot, corn, and pork soup	Fruit	Break
4	Monday	Bread	Steamed port patty with corn Stir-fried fish fillet with broccoli	Green bean, lotus root, octopus cashew and pork soup	Fruit	Oatmeal with milk
5	Tuesday	Fruit	Steamed chicken with enoki mushroom Stir-fried beef with Chinese cabbage	Pumpkin, peanut, black-eyed bean, candied dates and pork soup	Fruit	Rice noodles with seasonal vegetables and chicken
6	Wednesday	Fruit	Steamed fish fillet with chayote Stir-fried pork with Choy Sum	Papaya, peanut, candied date and fish soup	Fruit	Seasonal vegetables and pork porridge
7	Thursday	Dim Sum	Steamed egg with minced pork and vermicelli Braised chicken with tomatoes and potatoes	Watercress, carrot and pork soup	Fruit	Hard-boiled egg
8	Friday	Cake	S Stir-Fried Vermicelli with Cabbage and Shredded Pork	Pear, apple, fig, apricot kernel and pork soup	Fruit	Cake
11	Monday	Bread	Steamed port patty with water chestnut Stir-fried chicken with Chinese cabbage	Beetroot, chestnut, corn, carrot and pork soup	Fruit	Cornflakes with milk
12	Tuesday	Dim Sum	Steamed chicken with chayote Braised beef with tomato and egg	Dragon's tongue leaf, sea coconut, apple, lily bulb and pork soup	Fruit	Rice noodles with seasonal vegetables and chicken
13	Wednesday	Dim Sum	Steamed fish fillet with corn Stir-fried chicken with Choy Sum	Arrowroot, rice bean, kidney bean, dried mandarin peel and fish soup	Fruit	Seasonal vegetables and pork porridge
14	Thursday	Fruit	Steamed egg with minced meat Stir-fried pork with broccoli	Pork soup with tomatoes, potatoes and carrots	Fruit	Hard-boiled egg
15	Friday	Cake	Spaghetti Bolognese	Cordyceps, fresh Chinese yam, lotus seed, lily bulb, candied date, conch and pork soup	Fruit	Break
18	Monday	Bread	Steamed chicken with corn Stir-fried fish fillet with cauliflower	Radish, carrot and pork soup	Fruit	Oatmeal with milk
19	Tuesday	Dim Sum	Steamed chicken with fresh Chinese yam Stir-fried beef with broccoli	Watercress, carrot and pork soup	Fruit	Rice noodles with seasonal vegetables and chicken
20	Wednesday	Fruit	Steamed egg with chicken and Vermicelli Stir-fried fish fillet with chayote	Apple, pear, candied date and fish soup	Fruit	Seasonal vegetables and pork porridge
21	Thursday	Fruit	Steamed fish fillet with zucchini Braised chicken wings with tomato	Papaya, white fungus, carrot, lilybulb, apricot kernel, candied date and pork soup	Fruit	Hard-boiled egg
25	Monday	Bread	Steamed port patty with water chestnut Stir-fried chicken with broccoli	Chayote, chestnut, Chinese yam, candied date and pork soup	Fruit	Cornflakes with milk
26	Tuesday	Dim Sum	Steamed fish fillet with corn Stir-fried beef with carrots and potatoes	lotus root, peanut, black-eyed bean and pork soup	Fruit	Rice noodles with seasonal vegetables and chicken
27	Wednesday	Dim Sum	Steamed egg with minced pork Stir-fried fish fillet with Chinese cabbage	carrots and candied dates	Fruit	Seasonal vegetables and pork porridge
28	Thursday	Birthday Party	Steamed chicken with potatoes Stir-fried pork with chayote	Arrowroot, rice bean, kidney bean, dried mandarin peel and pork soup	Fruit	Hard-boiled egg

*The quantity of meals are arranged according to the intake of children. No further notice will be issued for any menu adjustment.