

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

February Menu



Date		Snacks for AM Class	Lunch for Whole-Day Class			Snacks for Whole-Day Class
10	Monday	Bread	Steamed port patty with corn Stir-fried fish fillet with broccoli	Green bean, lotus root, octopus cashew and pork soup	Fruit	Cornflakes with milk
11	Tuesday	Fruit	Steamed chicken with enoki mushroom Stir-fried beef with Chinese cabbage	Pumpkin, peanut, black- eyed bean, candied dates and pork soup	Fruit	Seasonal vegetable minced meat powder
12	Wednesday	Fruit	Steamed fish fillet with chayote Stir-fried pork with Choy Sum	Coconut, chayote, carrot, corn, and pork soup	Fruit	Bean curd egg syrup
13	Thursday	Dim Sum	Steamed egg with minced pork and vermicelli Braised chicken with tomatoes and potatoes	Watercress, carrot and pork soup	Fruit	Steamed sweet potatoes
14	Friday	Cake	Fried Rice with Zucchini, Chicken, and Eggs	Pear, apple, fig, apricot kernel and pork soup	Fruit	Break
17	Monday	Bread	Steamed port patty with water chestnut Stir-fried chicken with Chinese cabbage	Beetroot, chestnut, corn, carrot and pork soup	Fruit	Oatmeal with milk
18	Tuesday	Fruit	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
19	Wednesday	Cake	Steamed fish fillet with corn Stir-fried chicken with Choy Sum	Arrowroot, rice bean, kidney bean, dried mandarin peel and fish soup	Fruit	Papaya snow fungus syrup
20	Thursday	Dim Sum	Steamed egg with minced meat Stir-fried chicken fillet with broccoli	Pork soup with tomatoes, potatoes and carrots	Fruit	Dim Sum
21	Friday	Cake	Spaghetti Bolognese	Cordyceps, fresh Chinese yam, lotus seed, lily bulb, candied date, conch and pork soup	Fruit	Cake
24	Monday	Bread	Steamed port patty with corn Stir-fried fish fillet with cauliflower	Radish, carrot and pork soup	Fruit	Cornflakes with milk
25	Tuesday	Fruit	Steamed chicken with fresh Chinese yam Stir-fried beef with broccoli	Watercress, carrot and pork soup	Fruit	Rice noodles with seasonal vegetables and chicken
26	Wednesday	Bread	Steamed egg with chicken and Vermicelli Stir-fried pork with chayote	Apple, pear candied date and fish Soup	Fruit	Red bean paste
27	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	Steamed corn
28	Friday	Cake	Braised rice with cabbage and carrot strips	Arrowroot, rice bean, kidney bean, dried mandarin peel and pork soup	Fruit	Break

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