

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

March Menu



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

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