

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

April Menu



| Date | | Snacks for AM Class | Lunch for Whole-Day Class | | | Snacks for Whole-Day Class |
|------|-----------|---------------------|---|--|-------|---|
| 1 | Tuesday | Bread | Steamed fish fillet with corn Stir-fried chicken with carrots and potatoes | Aged cucumber, kidney beans, rice bean, candied dates and pork soup | Fruit | Rice noodles with seasonal vegetables and chicken |
| 2 | Wednesday | Fruit | Steamed chicken with potatoes Stir-fried beef with Chinese cabbage | Fish soup with tomatoes, potatoes, carrots and candied dates | Fruit | Seasonal vegetables and pork porridge |
| 3 | Thursday | Cake | Steamed egg with minced pork Stir-fried pork with chayote | Arrowroot, rice bean, kidney bean, dried mandarin peel and pork soup | Fruit | Steamed sweet potatoes |
| 7 | Monday | Bread | Steamed port patty with corn Stir-fried fish fillet with Choy Sum | Green bean, lotus root, octopus cashew and pork soup | Fruit | Oatmeal with milk |
| 8 | Tuesday | Biscuit / Soy milk | Steamed chicken with enoki mushroom Stir-fried beef with Chinese cabbage | Pumpkin, peanut, black-eyed bean, candied dates and pork soup | Fruit | Powder with seasonal vegetables and pork |
| 9 | Wednesday | Fruit | Steamed fish fillet with chayote Stir-fried pork with broccoli | Papaya, peanut, candied date and fish soup | Fruit | Red bean paste |
| 10 | Thursday | Dim Sum | Steamed egg with minced pork Braised chicken wing with tomatoes | Zucchini, dried scallop, peanut, black-eyed bean and pork soup | Fruit | Steamed corn |
| 11 | Friday | Cake | Stir-fried rice noodles with cabbage and pork | Pear, apple, fig, apricot kernel and pork soup | Fruit | Bread |
| 14 | Monday | Bread | Steamed port patty with water chestnut Stir-fried chicken with Choy Sum | Bamboo cane, Mao root, water chestnut, carrot and pork soup | Fruit | Cornflakes with milk |
| 15 | 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 | Powder with seasonal vegetables and pork |
| 16 | Wednesday | Dim Sum | Steamed fish fillet with corn Stir-fried chicken with Chinese cabbage | Arrowroot, rice bean, kidney bean, dried mandarin peel and fish soup | Fruit | Pumpkin sago dew |
| 28 | Monday | Bread | Steamed port patty with corn Stir-fried fish fillet with cauliflower | Radish, carrot and pork soup | Fruit | Oatmeal with milk |
| 29 | 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 |
| 30 | Wednesday | Dim Sum | Steamed egg with pork Stir-fried chicken with chayote | Cordyceps, fresh Chinese yam, lotus seed, lily bulb, candied date, conch and pork soup | Fruit | Bean curd egg syrup |

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