

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

May Menu



Date		Snacks for AM Class	Lunch for Whole-Day Class			Snacks for Whole-Day Class
2	Friday	Cake	Fried Rice with Zucchini, Chicken, and Eggs	Chayote, chestnut, Chinese yam, candied date and pork soup	Fruit	Red bean paste
6	Tuesday	Bread	Steamed fish fillet with corn Stir-fried beef with carrots and potatoes	Winter melon, barley, Chinese yam and pork soup	Fruit	Rice noodles with seasonal vegetables and chicken
7	Wednesday	Fruit	Steamed egg with minced pork Stir-fried fish fillet with Chinese cabbage	Fish soup with tomatoes, potatoes, carrots and candied dates	Fruit	Seasonal vegetables and pork porridge
8	Thursday	Dim Sum	Steamed chicken with potatoes Stir-fried pork with chayote	Arrowroot, rice bean, kidney bean, dried mandarin peel and pork soup	Fruit	Steamed sweet potatoes
9	Friday	Cake	Sautéed spaghetti with onion and beef tenderloin	Coconut, chayote, carrot, corn, and pork soup	Fruit	Bean curd egg syrup
12	Monday	Bread	Steamed port patty with enoki mushroom Stir-fried fish fillet with broccoli	Green bean, lotus root, octopus cashew and pork soup	Fruit	Oatmeal with milk
13	Tuesday	Fruit	Steamed chicken with corn Stir-fried beef with Chinese cabbage	Pumpkin, peanut, black-eyed bean, candied dates and pork soup	Fruit	Rice noodles with seasonal vegetables and chicken
14	Wednesday	Biscuit / Soy milk	Steamed fish fillet with chayote Stir-fried pork with Choy Sum	Papaya, peanut, candied date and fish soup	Fruit	Steamed corn
15	Thursday	Dim Sum	Steamed egg with minced pork and vermicelli Braised chicken with tomatoes and potatoes	Zucchini, dried scallop, peanut, black-eyed bean and pork soup	Fruit	Pumpkin sago dew
16	Friday	Cake	Stir-fried rice noodles with Cabbage and Shredded Pork	Pear, apple, fig, apricot kernel and pork soup	Fruit	Break
19	Monday	Bread	Steamed port patty with water chestnut Stir-fried chicken with Choy Sum	Winter melon, corn, carrot and pork soup	Fruit	Cornflakes with milk
20	Tuesday	Fruit	Steamed chicken with Chinese cabbage 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
21	Wednesday	Fruit	Steamed fish fillet with corn Stir-fried chicken with chayote	Arrowroot, rice bean, kidney bean, dried mandarin peel and fish soup	Fruit	Seasonal vegetables and pork porridge
22	Thursday	Dim Sum	Steamed egg with chicken Stir-fried pork with broccoli	Pork soup with tomatoes, potatoes and carrots	Fruit	Red bean paste
23	Friday	Cake	Spaghetti Bolognese	Cordyceps, fresh Chinese yam, lotus seed, lily bulb, candied date, conch and pork soup	Fruit	Steamed sweet potatoes
26	Monday	Bread	Steamed port patty with enoki mushroom Stir-fried fish fillet with cauliflower	Radish, carrot and pork soup	Fruit	Oatmeal with milk
27	Tuesday	Dim Sum	Steamed chicken with fresh Chinese yam Stir-fried beef with broccoli	Beetroot, chestnut, corn, carrot and pork soup	Fruit	Rice noodles with seasonal vegetables and chicken
28	Wednesday	Fruit	Steamed egg with chicken and corn Stir-fried pork with tomato	Apple, pear candied date and fish Soup	Fruit	Seasonal vegetables and pork porridge
29	Thursday	Dumpling	Steamed fish fillet with Chinese cabbage Braised chicken wings with chestnut	Papaya, white fungus, carrot, lilybulb, apricot kernel, candied date and pork soup	Fruit	Bean curd egg syrup
30	Friday	Brithday Party	Fried Rice with Zucchini, Chicken, and Eggs	Aged cucumber, kidney beans, rice bean, candied dates 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.