


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

July Menu

						
Date		Snacks for AM Class	Lunch for Whole-Day Class			Snacks for Whole-Day Class
2	Wednesday	Fruit	Steamed port patty with corn Stir-fried fish fillet with Chinese cabbage	Fish soup with tomatoes, potatoes, carrots and candied dates	Banana	Rice noodles with seasonal vegetables and chicken
3	Thursday	Dim Sum	Steamed chicken with potatoes Stir-fried pork with Gassho melon	Arrowroot, rice bean, kidney bean, dried mandarin peel and pork soup	Apple	Hard-boiled egg
4	Friday	Dim Sum	Spaghetti Bolognese	Coconut, chayote, carrot, corn, and pork soup	Pear	Break
7	Monday	Bread	Steamed egg with minced pork Stir-fried fish fillet with broccoli	Green bean, lotus root, octopus cashew and pork soup	Apple	Oatmeal with milk
8	Tuesday	Fruit	Steamed chicken with enoki mushroom Stir-fried beef with Chinese cabbage	Pumpkin, peanut, black-eyed bean, candied dates and pork soup	Dragon	Rice noodles with seasonal vegetables and chicken
9	Wednesday	Happy Birthday	Fried Rice with Zucchini, Chicken, and Eggs	Aged cucumber, kidney beans, rice bean, candied dates and pork soup	Banana	Red bean paste
10	Thursday	Biscuit / Soy milk	Steamed port patty with corn Stir-fried fish fillet with cauliflower	Seaweed egg flower lean pork soup	Pear	Steamed sweet potatoes
11	Friday	Cake	Steamed fish fillet with Gassho melon Stir-fried minced meat with Chinese cabbage	Papaya, peanut, candied date and fish soup	Apple	Break
14	Monday	Biscuit				

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