

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

## September Menu



Date		Snacks for AM Class	Lunch for Whole-Day Class			Snacks for Whole-Day Class
1	Monday	Bread	/	/	/	/
2	Tuesday	Fruit	Steamed fish fillet with corn Stir-fried beef with carrots and potatoes	Winter melon, barley, Chinese yam and pork soup	Fruit	Cornflakes with milk
3	Wednesday	Cake	Steamed egg with minced pork Stir-fried fish fillet with Chinese cabbage	Fish soup with tomatoes, potatoes, carrots and candied dates	Fruit	Rice noodles with seasonal vegetables and chicken
4	Thursday	Fruit	Steamed chicken with potatoes Stir-fried pork with chayote	Arrowroot, rice bean, kidney bean, dried mandarin peel and pork soup	Fruit	Hard-boiled egg
5	Friday	Cake	Stir-Fried Vermicelli with Cabbage and Shredded Pork	Coconut, chayote, carrot, corn, and pork soup	Fruit	Break
8	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
9	Tuesday	Dim sum	Steamed chicken with enoki mushroom Stir-fried beef with Chinese cabbage	Pumpkin, peanut, black-eyed bean, candied dates and pork soup	Fruit	Seasonal vegetables and pork porridge
10	Wednesday	Dim sum	Steamed fish fillet with chayote Stir-fried pork with Choy Sum	Papaya, peanut, candied date and fish soup	Fruit	Dim sum
11	Thursday	Fruit	Steamed egg with minced pork and vermicelli Braised chicken with tomatoes and potatoes	Zucchini, dried scallop, peanut, black-eyed bean and pork soup	Fruit	Cake
12	Friday	Cake	Fried Rice with Zucchini, Chicken, and Eggs	Pear, apple, fig, apricot kernel and pork soup	Fruit	Bread
15	Monday	Bread	Steamed port patty with water chestnut Stir-fried chicken with Chinese cabbage	Winter melon, corn, carrot and pork soup	Fruit	Cornflakes with milk
16	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 pork porridge
17	Wednesday	Fruit	Steamed fish fillet with corn Stir-fried chicken with Choy Sum	Arrowroot, rice bean, kidney bean, dried mandarin peel and fish soup	Fruit	Sweet potato
18	Thursday	Dim sum	Steamed chicken with fresh Chinese yam Stir-fried pork with broccoli	Pork soup with tomatoes, potatoes and carrots	Fruit	Hard-boiled egg
19	Friday	Cake	Spaghetti Bolognese	Cordyceps, fresh Chinese yam, lotus seed, lily bulb, candied date, conch and pork soup	Fruit	Break
22	Monday	Bread	Steamed chicken with corn Stir-fried fish fillet with cauliflower	Radish, carrot and pork soup	Fruit	Oatmeal with milk
23	Tuesday	Fruit	Steamed chicken with enoki mushroom Stir-fried beef with broccoli	Beetroot, chestnut, corn, carrot and pork soup	Fruit	Seasonal vegetables and pork porridge
24	Wednesday	Dim sum	Steamed egg with minced meat and corn Stir-fried pork with tomato	Apple, pear, candied date and fish soup	Fruit	Dim sum
25	Thursday	Fruit	Steamed fish fillet with zucchini and vermicelli Braised chicken wings with chestnut	Papaya, white fungus, carrot, lilybulb, apricot kernel, candied date and pork soup	Fruit	Hard-boiled egg
26	Friday	Birthday Party	Fried Rice with Zucchini, Chicken, and Eggs	Aged cucumber, kidney beans, rice bean, candied dates and pork soup	Fruit	Break
29	Monday	Bread	Steamed port patty with water chestnut Stir-fried chicken with Chinese cabbage	Winter melon, corn, carrot and pork soup	Fruit	Cornflakes with milk
30	Tuesday	Fruit	Steamed fish fillet with corn Stir-fried beef with carrots and potatoes	Chayote, chestnut, Chinese yam, candied date and pork soup	Fruit	Rice noodles with seasonal vegetables and pork porridge

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