

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

October Menu



Date		Snacks for AM Class	Lunch for Whole-Day Class			Snacks for Whole-Day Class
8	Wednesday	Bread	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
9	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
10	Friday	Cake	Chicken Fillet in White Sauce with Stewed spaghetti	Coconut, chayote, carrot, corn, and pork soup	Fruit	Break
13	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
14	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 chicken
15	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	Hard-boiled egg
16	Thursday	Dim Sum	Steamed egg with chicken and Vermicelli Stir-fried pork with broccoli	Pork soup with tomatoes, potatoes and carrots	Fruit	Dim Sum
17	Friday	Cake	Spaghetti Bolognese	Cordyceps, fresh Chinese yam, lotus seed, lily bulb, candied date, conch and pork soup	Fruit	Break
20	Monday	Bread	Steamed chicken with corn Stir-fried fish fillet with cauliflower	Radish, carrot and pork soup	Fruit	Oatmeal with milk
21	Tuesday	Dim Sum	Steamed chicken with fresh Chinese yam Stir-fried beef with broccoli	Beetroot, chestnut, corn, carrot and pork soup	Fruit	Dim Sum
22	Wednesday	Fruit	Steamed egg with minced meat and corn Stir-fried pork with tomato	Apple, pear candied date and fish Soup	Fruit	Seasonal vegetables and pork porridge
23	Thursday	Biscuit	Steamed fish fillet with chayote Braised chicken wings with chestnut	Papaya, white fungus, carrot, lilybulb, apricot kernel, candied date and pork soup	Fruit	Hard-boiled egg
24	Friday	Cake	Fried Rice with Zucchini, Chicken, and Eggs	Aged cucumber, kidney beans, rice bean, candied dates and pork soup	Fruit	Break
27	Monday	Bread	Steamed port patty with water chestnut Stir-fried chicken with broccoli	Chayote, chestnut, Chinese yam, candied date and pork soup	Fruit	Cornflakes with milk
28	Tuesday	Fruit	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
30	Thursday	Dim Sum	Steamed egg with minced pork Stir-fried fish fillet with Chinese cabbage	Fish soup with tomatoes, potatoes, carrots and candied dates	Fruit	Sweet potato
31	Friday	Cake	Steamed chicken with potatoes Stir-fried pork with chayote	Arrowroot, rice bean, kidney bean, dried mandarin peel 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.