

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

December Menu

						
Date		Snacks for AM Class	Lunch for Whole-Day Class			Snacks for Whole-Day Class
1	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
2	Tuesday	Fruit	Steamed chicken with enoki mushroom Stir-fried beef with Chinese cabbage	Pumpkin, peanut, black-eyed bean, candied dates and pork soup	Fruit	Rice noodles with seasonal vegetables and pork porridge
3	Wednesday	Fruit	Steamed fish fillet with chayote Stir-fried pork with broccoli	Coconut, chayote, carrot, corn, and pork soup	Fruit	Sweet potato
4	Thursday	Bread	Steamed egg with minced pork and vermicelli Braised chicken with tomatoes and potatoes	Watercress,carrot and pork soup	Fruit	Dim Sum
5	Friday	Cake	Stir-Fried Vermicelli with Cabbage and Shredded Pork	Rozon soup	Fruit	Break
9	Tuesday	Bread	Steamed chicken with chayote Braised beef with tomato and egg	Dragon's tongue leaf, sea coconut, apple, lily bulb and pork soup	Fruit	Seasonal vegetables and pork porridge
10	Wednesday	Fruit	Steamed fish fillet with corn Stir-fried chicken with broccoli	Arrowroot, rice bean, kidney bean, dried mandarin peel and fish soup	Fruit	Hard-boiled egg
11	Thursday	Dim Sum	Steamed egg with minced meat Stir-fried fish fillet with choy sum	Pork soup with tomatoes, potatoes and carrots	Fruit	Dim Sum
12	Friday	Cake	Spaghetti Bolognese	Rozon soup	Fruit	Break
15	Monday	Bread	Steamed chicken with zucchini Stir-fried fish fillet with cauliflower	Radish, carrot and pork soup	Fruit	Oatmeal with milk
16	Tuesday	Dim Sum	Steamed chicken with fresh Chinese yam Stir-fried beef with broccoli	Watercress,carrot and pork soup	Fruit	Rice noodles with seasonal vegetables and chicken
17	Wednesday	Fruit	Steamed egg with chicken and Vermicelli Stir-fried fish fillet with chayote	Apple,pear candied date and fish Soup	Fruit	Red bean paste
18	Thursday	Cake	Steamed port patty with corn Braised chicken wings with tomato	Papaya, white fungus, carrot, lilybulu, apricot kernel, candied date and pork soup	Fruit	Break
19	Friday	Christmas party				

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