

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

## January Menu



Date		Snacks for AM Class	Lunch for Whole-Day Class			Snacks for Whole-Day Class
5	Monday	Bread	Steamed port patty with corn Stir-fried fish fillet with broccoli	Green bean, lotus root, octopus cashew and pork soup	Fruit	Cornflakes with milk
6	Tuesday	Fruit	Steamed chicken with enoki mushroom Stir-fried beef with Chinese cabbage	Pumpkin, peanut, black-eyed bean, candied dates and pork soup	Fruit	Seasonal vegetable minced meat powder
7	Wednesday	Fruit	Steamed fish fillet with chayote Stir-fried pork with Choy Sum	Arrowroot, rice bean, kidney bean, dried mandarin peel and fish soup	Fruit	Hard-boiled egg
8	Thursday	Dim Sum	Steamed egg with minced pork and vermicelli Braised chicken with tomatoes and potatoes	Watercress, carrot and pork soup	Fruit	Steamed sweet potatoes
9	Friday	Cake	Fried Rice with Zucchini, Chicken, and Eggs	Rozon soup	Fruit	Break
12	Monday	Bread	Steamed port patty with water chestnut Stir-fried chicken with Chinese cabbage	Beetroot, chestnut, corn, carrot and pork soup	Fruit	Oatmeal with milk
13	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
14	Wednesday	Fruit	Steamed fish fillet with corn Stir-fried chicken fillet with broccoli	Coconut, chayote, carrot, corn, and pork soup	Fruit	Dim Sum
15	Thursday	Dim Sum	Steamed egg with minced meat Stir-fried chicken with Choy Sum	Cordyceps, fresh Chinese yam, lotus seed, lily bulb, candied date, conch and pork soup	Fruit	Dim Sum
16	Friday	Cake	Spaghetti Bolognese	Rozon soup	Fruit	Cake
19	Monday	Bread	Steamed port patty with corn Stir-fried fish fillet with cauliflower	Radish, carrot and pork soup	Fruit	Cornflakes with milk
20	Tuesday	Fruit	Steamed chicken with fresh Chinese yam Stir-fried beef with broccoli	Watercress, carrot and pork soup	Fruit	Rice noodles with seasonal vegetables and chicken
21	Wednesday	Fruit	Steamed egg with chicken and Vermicelli Stir-fried pork with chayote	Apple, pear candied date and fish Soup	Fruit	Red bean paste
22	Thursday	Dim Sum	Steamed fish fillet with zucchini Braised chicken wings with tomato	Arrowroot, rice bean, kidney bean, dried mandarin peel and pork soup	Fruit	Steamed corn
23	Friday	Cake	Braised rice with cabbage and carrot strips	Rozon soup	Fruit	Break
26	Monday	Bread	Steamed port patty with water chestnut Stir-fried chicken with broccoli	Aged cucumber, kidney beans, rice bean, candied dates and pork soup	Fruit	Cornflakes with milk
27	Tuesday	Fruit	Steamed fish fillet with corn Stir-fried beef with carrots and potatoes	Cuffoy, gourd and lean meat soup	Fruit	Seasonal vegetable minced meat powder
28	Wednesday	Fruit	Steamed egg with minced pork Stir-fried fish fillet with Chinese cabbage	Fish soup with tomatoes, potatoes, carrots and candied dates	Fruit	Steamed sweet potatoes
29	Thursday	Dim Sum	Steamed chicken with potatoes Stir-fried pork with chayote	Coconut, chayote, carrot, corn, and pork soup	Fruit	Bean curd egg syrup

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