

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

February Menu



Date		Snacks for AM Class	Lunch for Whole-Day Class			Snacks for Whole-Day Class
2	Monday	Bread	Steamed port patty with water chestnut Stir-fried chicken with Chinese cabbage	Beetroot, chestnut, corn, carrot and pork soup	Fruit	Cornflakes with milk
3	Tuesday	Dim Sum	Steamed chicken with chayote Braised beef with tomato and egg	Dragon's tongue leaf, sea coconut, apple, lily bulb and pork soup	Fruit	Seasonal vegetable minced meat powder
4	Wednesday	Biscuit	Steamed fish fillet with corn Stir-fried pork with broccoli	Arrowroot, rice bean, kidney bean, dried mandarin peel and fish soup	Fruit	Boil eggs
5	Thursday	Fruit	Steamed egg with minced meat Stir-fried chicken with Choy Sum	lotus root, peanut, black-eyed bean and pork soup	Fruit	Steamed sweet potatoes
6	Friday	Cake	Fried rice with egg and shredded pork with zucchini	Rozon soup	Fruit	Break
9	Monday	Bread	Steamed minced pork with corn Stir-fried fish fillet with cauliflower	Radish, carrot and pork soup	Fruit	Oatmeal with milk
10	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
11	Wednesday	Fruit	Steamed egg with minced pork and Vermicelli Stir-fried fish fillet with chayote	Fish soup with tomatoes, potatoes, carrots and candied dates	Fruit	Red bean paste
12	Thursday	Reunion dinner	Steamed fish fillet with zucchini Braised chicken wings with tomato	Papaya, white fungus, carrot, lilybulb, apricot kernel, candied date and pork soup	Fruit	Cake
26	Thursday	Bread	Steamed port patty with corn Stir-fried fish fillet with broccoli	Coconut, chayote, carrot, corn, and pork soup	Fruit	Cornflakes with milk
27	Friday	Cake	Spaghetti Bolognese	Rozon soup	Fruit	Bread

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