

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

March 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 broccoli	Aged cucumber, kidney beans, rice bean, candied dates and pork soup	Fruit	Cornflakes with milk
3	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
4	Wednesday	Bread	Steamed egg with minced pork Stir-fried fish fillet with Chinese cabbage	Fish soup with tomatoes, potatoes, carrots and candied dates	Fruit	Red bean paste
5	Thursday	Dim Sum	Steamed chicken with potatoes Stir-fried pork with chayote	Bamboo cane, Mao root, water chestnut, carrot and pork soup	Fruit	Hard-boiled egg
6	Friday	Cake	Chicken Fillet in tomatoes with Stewed spaghetti	Lean seaweed soup	Fruit	Dim Sum
9	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
10	Tuesday	Cake	Steamed chicken with enoki mushroom Stir-fried beef with Choy Sum	Pumpkin, peanut, black-eyed bean, candied dates and pork soup	Fruit	Rice noodles with seasonal vegetables and chicken
11	Wednesday	Dim Sum	Steamed fish fillet with chayote Stir-fried pork with Chinese cabbage	Papaya, peanuts, candied dates, raw fish soup	Fruit	Red bean paste
12	Thursday	Fruit	Steamed egg with minced pork Braised chicken with tomatoes and potatoes	Watercress, carrot and pork soup	Fruit	Dim Sum
13	Friday	Cake	Fried Rice with Zucchini, Chicken, and Eggs	Rozon soup	Fruit	Hard-boiled egg
16	Monday	Bread	Steamed port patty with water chestnut Stir-fried chicken with Choy Sum	Beetroot, chestnut, corn, carrot and pork soup	Fruit	Cornflakes with milk
17	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
18	Wednesday	Cake	Steamed fish fillet with corn Stir-fried chicken with Chinese cabbage	Arrowroot, rice bean, kidney bean, dried mandarin peel and fish soup	Fruit	Red bean paste
19	Thursday	Fruit	Steamed egg with minced meat Stir-fried chicken fillet with broccoli	Cordyceps, fresh Chinese yam, lotus seed, lily bulb, candied date, conch and pork soup	Fruit	Steamed sweet potatoes
20	Friday	Cake	Spaghetti Bolognese	Coconut, chayote, carrot, corn, and pork soup	Fruit	Hard-boiled egg
23	Monday	Bread	Steamed port patty with corn Stir-fried fish fillet with cauliflower	Radish, carrot and pork soup	Fruit	Oatmeal with milk
24	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
25	Wednesday	Cake	Steamed egg with chicken Stir-fried pork with chayote	Apple, pear candied date and fish Soup	Fruit	
26	Thursday	Fruit	Steamed fish fillet with zucchini Braised chicken wings with tomato	Arrowroot, rice bean, kidney bean, dried mandarin peel and pork soup	Fruit	Steamed sweet potatoes
27	Friday	Birthday Party	Braised rice with cabbage and carrot strips	Rozon soup	Fruit	Hard-boiled egg
30	Monday	Bread	Chayote, chestnut, Chinese yam, candied date and pork soup	Chayote, chestnut, Chinese yam, candied date and pork soup	Fruit	Cornflakes with milk
31	Tuesday	Fruit	Steamed fish fillet with corn Stir-fried beef with carrots and potatoes	Pork soup with tomatoes, potatoes and carrots	Fruit	Seasonal vegetable minced meat powder

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