

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

April Menu



Date		Snacks for AM Class	Lunch for Whole-Day Class			Snacks for Whole-Day Class
1	Wednesday	Fruit	Steamed egg with pork Stir-fried chicken with chayote	Green bean, lotus root, octopus cashew and pork soup	Fruit	Steamed sweet potatoes
13	Monday	Bread	Steamed port patty with corn Stir-fried fish fillet with Choy Sum	Beetroot,chestnut, corn, carrot and pork soup	Fruit	Oatmeal with milk
14	Tuesday	Dim Sum	Steamed chicken with enoki mushroom Stir-fried beef with Chinese cabbage	Pumpkin, black-eyed bean, candied dates and pork soup	Fruit	Powder with seasonal vegetables and pork
15	Wednesday	Dim Sum	Steamed fish fillet with chayote Stir-fried pork with broccoli	Papaya, snow ear, candied date and fish soup	Fruit	Beancurd Stick and Egg Sweet Soup
16	Thursday	Fruit	Steamed egg with minced pork Braised chicken wing with tomatoes	Beetroot,chestnut, corn, carrot and pork soup	Fruit	Steamed corn
17	Friday	Cake	Stir-fried rice noodles with cabbage and pork	Lean seaweed soup	Fruit	Bread
20	Monday	Bread	Steamed port patty with water chestnut Stir-fried chicken with Choy Sum	Bamboo cane, Mao root, water chestnut, carrot and pork soup	Fruit	Cornflakes with milk
21	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	Dim Sum
22	Wednesday	Dim Sum	Steamed fish fillet with corn Stir-fried chicken with Chinese cabbage	Arrowroot, rice bean, kidney bean, dried mandarin peel and fish soup	Fruit	Powder with seasonal vegetables and pork
23	Thursday	Fruit	Steamed egg with minced pork Stir-fried chicken with Choy Sum	Cordyceps, fresh Chinese yam, lotus seed, lily bulb, candied date, conch and pork soup	Fruit	Hard-boiled egg
24	Friday	Cake	Fried Rice with Zucchini, Chicken, and Eggs	Rozon soup	Fruit	Bread
27	Monday	Bread	Steamed port patty with corn Stir-fried fish fillet with cauliflower	Radish, carrot, candied dates and pork soup	Fruit	Oatmeal with milk
28	Tuesday	Fruit	Steamed chicken with fresh Chinese yam Stir-fried beef with broccoli	Watercress,carrot , candied dates and pork soup	Fruit	Rice noodles with seasonal vegetables and chicken
29	Wednesday	Dim Sum	Steamed egg with pork Stir-fried chicken with chayote	Fish soup with tomatoes, potatoes, carrots and candied dates	Fruit	Red bean paste
30	Thursday	Fruit	Steamed chicken with zucchini Braised fish fillet with tomatoes and carrots	Pear, apple, fig, apricot kernel and pork soup	Fruit	Steamed sweet potatoes

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